THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

JANUARY THROUGH APRIL 2016 - ISSUE 62

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On Staying Connected

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School Psychologist Mary Spence on Mindfulness in Education

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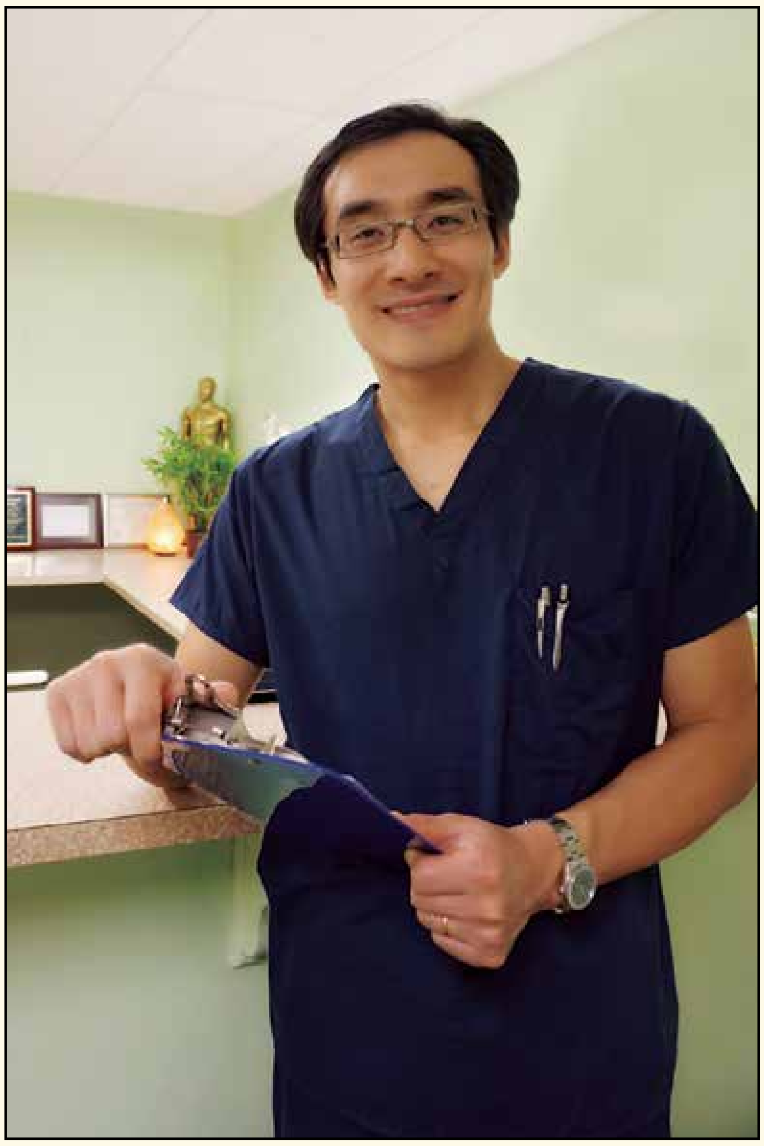

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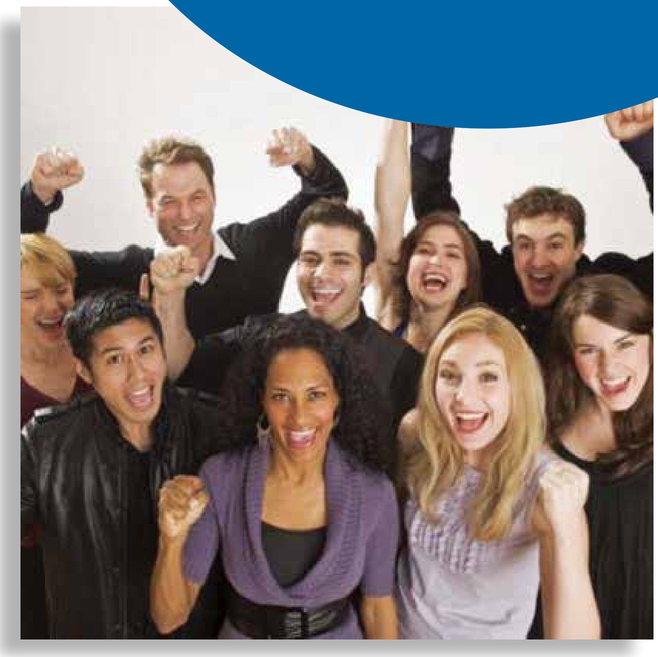

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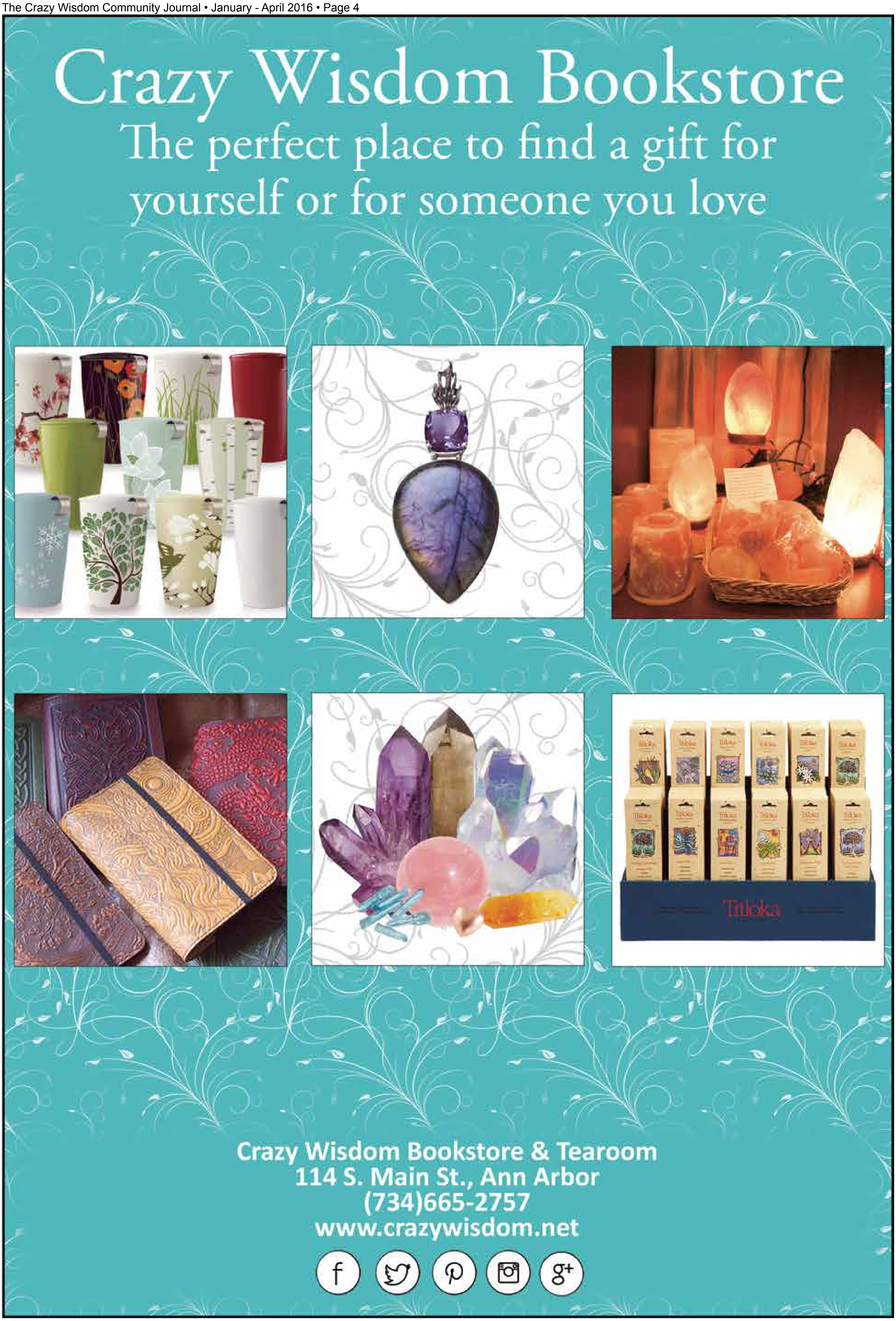

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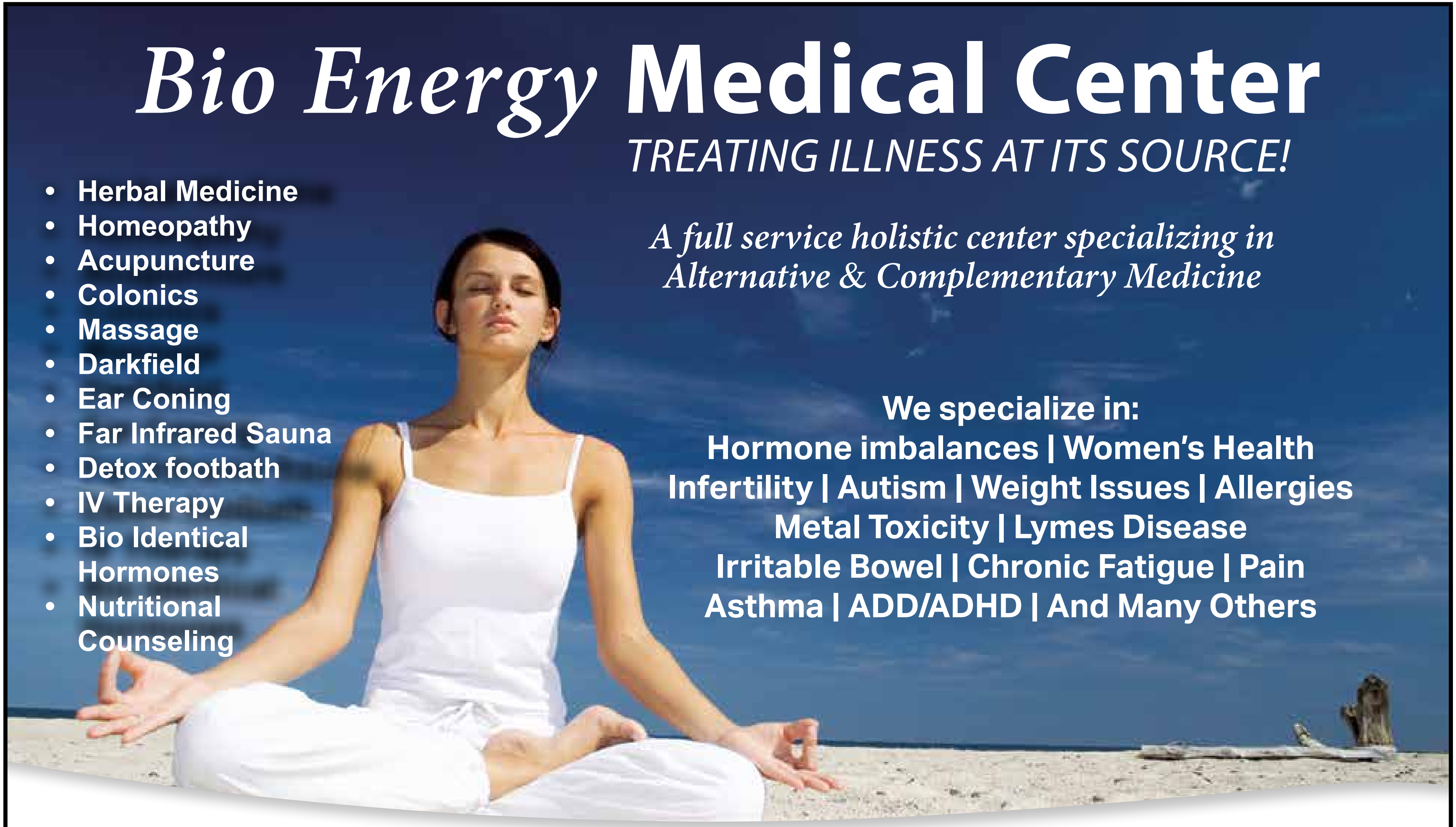

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THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of conscious living, holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. ***The Crazy Wisdom Community Journal*** is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being.

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The issue will be distributed starting in the last week of December. 11,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 225 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: www.crazywisdomjournal.com. Crazy Wisdom Bookstore's web address is: www.crazywisdom.net.

The deadline for free calendar submissions for the May thru August 2016 issue is Monday, March 14, and the deadline for paid advertising is Wednesday, March 30.

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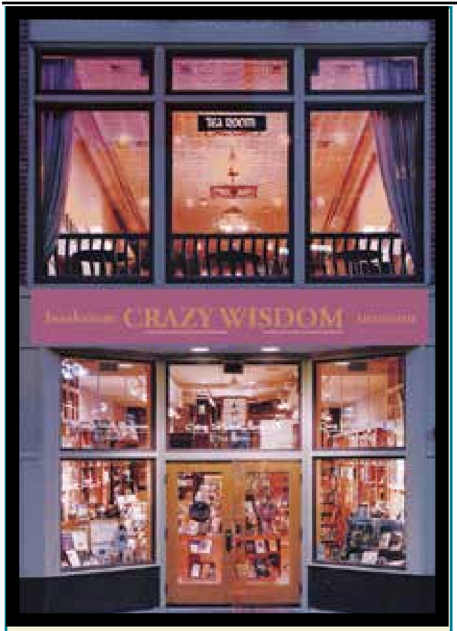
— This issue will be posted on our website as of January 1, 2016 —



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Is Yoga Having a Moment?

~ 12 Local Yogis Lean In to the Question ~

By Chelsea Hohn

Sticky rubber mats underneath bare toes sit atop wood floors, carpet, grass, and, in some cases, a paddle board. Sometimes there's no mat at all, and feet dig deeply into the ground as thousands of yogis come into downward dog in sync. Hundreds of years after the inception of yoga, we're now practicing in ways that even a decade ago would have seemed far-fetched. Yoga has changed and shifted each year, with a dedicated community following along to watch and participate. We now have many different styles of yoga, different ways of practicing, and many, many different places to practice.

In recent years, yoga has grown exponentially in popularity. Instead of being a niche activity it's part of the mainstream. It's become normal, even outside of places like Ann Arbor, where yoga has had a strong community for years.

We talked to 12 yogis from in and around Ann Arbor to take the temperature of the yoga community right now, and we asked them each three questions:

① *Why is yoga growing so rapidly right now?*

② *What effect will this have on the yoga community?*

③ *What will this growth mean for people practicing yoga in the future?*

Their responses provide a window into where yoga might be going in the future. Participants all seemed to agree on one thing: yoga might be having a moment right now, but it isn't going anywhere.

AcroYoga Ann Arbor

(Editor's Note: We apologize, in advance, to our many friends in the yoga community — the many, many other very fine yoga practitioners and teachers in the area, as well as our loyal advertisers, and those who've steadfastly listed their classes for years in our Crazy Wisdom Calendar — who were not approached by our writer to weigh in on this topic. The article below is just a sampling, and not intended to be comprehensive! We welcome your own thoughts, too, and would be happy to publish them!)

Karen Ufer

Karen Ufer has been a student of Iyengar yoga for over 40 years and was certified in 1993. She started Yoga Focus over 22 years ago with Ada Cowan and David Ufer. Marlene McGrath and Alicia Rowe are also long time practitioners and teachers at Yoga Focus.

① The fact that yoga is attached to a lot of different activities is in fact motivating people to get up and out and moving around. I think that my point of view is a little different because I've been a practitioner for 40 years, but, in a way, it's kind of a non-moment for yoga. Virtually everything has the word yoga attached to it — if everything is yoga, what really is yoga? So the use of the word "awesome" — if you say your morning coffee is awesome, what is the Grand Canyon, what is the galaxy, what is the moon? If your morning coffee is awesome and everything is awesome then the word becomes mindless. So if everything is yoga, how does someone who is beginning figure out what is exercise or what is the study of a discipline that is an art and a science and a philosophy and also has a physical asana. It's quite confusing for the average person to figure out where to go to seek yoga, and there's a lot of good yoga in Ann Arbor, and a lot of good exercise. I think those are different things.

② It is something that is not an extroverted activity and so I simply make a distinction between the study and practice of yoga and exercise, but you have yoga in the pool, yoga with chocolate, yoga with wine tasting, yoga with balls and ropes and pulleys, and so then you have yoga as a fad, and that works against the whole concept of what yoga is. If a fad can get someone interested in deeper study, I think it has value, but we all have an attraction to things that are fads and they come and go, so it's not a true way of focusing one's attention to be constantly distracted by the latest fad.

> It's quite confusing for the average person to figure out where to go to seek yoga, and there's a lot of good yoga in Ann Arbor, and a lot of good exercise. I think those are different things.
>
> —Karen Ufer

③ Yoga has eight limbs. One of those limbs can give you a powerful workout, but there's so much in the practice that is not just physical exercise. I have students who are only there for the physical component and I do not have a problem with it, but they're really there for that part, and sometimes that will lead them to a deeper study, but that is their path. My job is the get out of the way and present the material in the best way that I can; I mean the entire scope of yoga, not just the part of the menu that they like.

David Rosenberg

David Rosenberg has been teaching Iyengar yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

① I think Ann Arbor has always had a lot of people doing yoga. I'm teaching more students than I ever used to. I think there are more popular styles like Bikram that up until 10 or 15 years ago never existed. There's more people doing yoga than are hunting with

"Virtually everything has the word yoga attached to it — if everything is yoga, what really is yoga?"
— Karen Ufer

"I think people are social creatures. As much as we like to say it's an internal practice, the reality is people like to be together, it's a social thing."
— David Rosenberg

"I love that so many people are doing yoga and are passionate about it, and I appreciate that everyone has their own path."
— Christy DeBurton

"I think yoga will continue to be widely practiced, because it does work if people stay with it. There's the challenge — finding the right teacher and class for you and developing the discipline to regularly attend over a long period of time."
— Karen Coupland

Jody Tull

guns. There are a lot of people out there that say there are two Americas — gun hunting America and people doing yoga. I think some of the types of yoga have been successfully marketed like Bikram or hot yoga. They've gained popularity, some are more popular among young people. I do Iyengar yoga and there's a lot of different people doing it, different teachers but also studios, as well.

② I think that the whole movement, the field of movement, exercise, has constantly been evolving in Ann Arbor since the 70s. I see this as one continuous evolution and Ann Arbor is a receptive community to those things. I think it's great if people can be creative and come up with newer understandings of yoga and helping people and I think that's a positive development all around.

③ The inner play of yoga culture has been going on, really, since the early 20th century or before that. Everyone believes it started thousands of years ago, but it's not as simple as that. Yoga was created by calisthenics from the British army. But what it really underscores for me is that the whole idea of movement therapeutics is an evolving field that fosters creativity with some science behind it. Getting people to move and exercise is generally beneficial for people. At least it's not extracting oil. I think people are social creatures. As much as we like to say it's an internal practice, the reality is people like to be together, it's a social thing. The reality is we're social creatures and coming to class becomes an outlet for socializing and developing friendship and community.

Christy DeBurton

Christy DeBurton, R.Y.T., trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan and has been teaching yoga since 1998. In 2004, she opened her own private yoga studio, The Yoga Room, where she offers small group classes, private sessions, workshops, a yoga book club, and yoga retreats.

① I definitely know that there are a lot more studios now than when I moved here, and even then, there were quite a few. This is just growing exponentially, I don't think it's a phenomenon just here in Ann Arbor. I think that hopefully it's because yoga is a really awesome thing and people can appreciate what it does for them. I hope that the number of students keeps growing so it's sustainable for new teachers and studios. I think that it's something that will be interesting to watch. It's cool to live in Ann Arbor and everybody you know does yoga or knows someone who does yoga. It's nice to live in a place where people are yoga practitioners and are conscious about what yoga can do for them.

We need to be careful that this isn't all just about commercializing yoga and the yoga industry, because that can certainly get the word out and you know all the cool clothes to wear and all the selfies on Facebook can get the word out, but we need to be careful that it doesn't send the wrong message.

—Christy DeBurton

② The interesting thing about that is I think we need to be careful that this isn't all just about commercializing yoga and the yoga industry, because that can certainly get the word out and you know all the cool clothes to wear and all the selfies on Facebook can get the word out, but we need to be careful that it doesn't send the wrong message. Yoga is a very simple thing that is accessible to everyone, yoga is about liberation from your ego — that's the overlying message for yoga. I think with all the growth comes the commercialization and making money off of it and that is something that I think is going to be challenging — to keep the true message of yoga alive and what it really means.

③ The most important thing is that I love that so many people are doing yoga and are passionate about it, and I appreciate that everyone has their own path and there's so many different options for people to get into it. I hope the true meaning of yoga doesn't get lost in it. I hope people are about the liberation of the ego and the healing that can take place from practicing yoga.

Michelle Pischea

Michelle Pischea has lived in Ann Arbor since 1998 and began practicing Bikram yoga in 2007. She became Owner/Director of Bikram Yoga Ann Arbor in 2012. She currently runs over 37 classes a week as well as a weekly Youth Yoga Class.

① There's no question that there's been a growth and I really fully believe that people are always trying to get a good fix to make them feel better, and we all know those never work. But when someone starts doing yoga, they get the mind-body-spirit effect. They get the exercise they need, and they mentally feel better and their spirit, too — everyone feels better. So I think today people are starting to realize yoga is longevity — it's not an immediate fix, it's for the journey — it's not an immediate destination. A lifetime for me, that's what yoga is all about. Yoga runs through your spine — your longevity of life — so I think that's where it comes from.

② Ann Arbor itself is really into yoga. We have so many yoga studios, different kinds of yoga, which is amazing. Everyone has a different favorite. Everyone that does yoga becomes a better person because they're happier in life. I don't see it going away. All these new diets come and go and don't last forever. Yoga has been around and it's going to keep going.

③ I think people are mentally more stable and even insurance companies are starting to pay for physical therapy for yoga, so even insurance companies are realizing it's a really good thing. I think everyone is discovering how good it is mentally and physically. But I think all yoga is good yoga. Rarely have you heard someone walk out of a class saying I wish I didn't do that. Everyone is kind of moving in that direction and I hope it keeps going.

Continued on page 10

Is Yoga Having a Moment?

~ 12 Local Yogis Lean In to the Question ~

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Karen Coupland

Karen Coupland is a Certified Iyengar Yoga Teacher at Harmony Yoga of Ann Arbor. She has been practicing yoga since 1993 and teaching since 1999.

① Yoga has definitely become part of the mainstream. I think that it has grown in popularity partly because people are looking for ways to become healthier and to feel better overall and they hear that yoga can help. Their health care professionals may also recommend yoga to ease various ailments, such as back, knee, shoulder injuries, and stress-related problems. Yoga images and news stories in the media have also made yoga more visible, and people are intrigued by what they see and read. There are news stories about celebrities who practice yoga, and many "yoga selfies" posted on social media sites, although, in my opinion, some of these are not particularly helpful for promoting a healthy interest in yoga — skinny, scantily clad women in exotic postures is not what the practice of yoga is about!

② Because of the rise in popularity, yoga has become more differentiated than it was years ago. I practice and teach Iyengar yoga, and it continues to fascinate me, which was the most common style taught in Ann Arbor when I first started taking yoga classes more than 20 years ago. But because not everyone likes or needs exactly the same thing, there are many more options available now, from hot yoga and fast Vinyasa yoga, to more slowly-paced and deliberate styles. All of these options can be available only if there are enough people in the community who are interested in trying them.

Karen Coupland

Plow Pose

③ For the near future, I think yoga will continue to be widely practiced, because it does work if people stay with it. There's the challenge — finding the right teacher and class for you and developing the discipline to regularly attend over a long period of time, and ideally adding in your own home yoga practice. A dedicated, thoughtful practice over time leads to profound results. A friend of mine was saying that she thinks that people who try yoga just because it's trendy will very likely abandon it in favor of the next trendy "fitness craze." But there are also many of us who will continue with yoga even when the next trendy thing comes along, because this works for us. It's a sustainable practice that we can continue for the rest of our lives at some level. Our practice develops and changes to support us at different stages in our lives.

Jim Gilligan

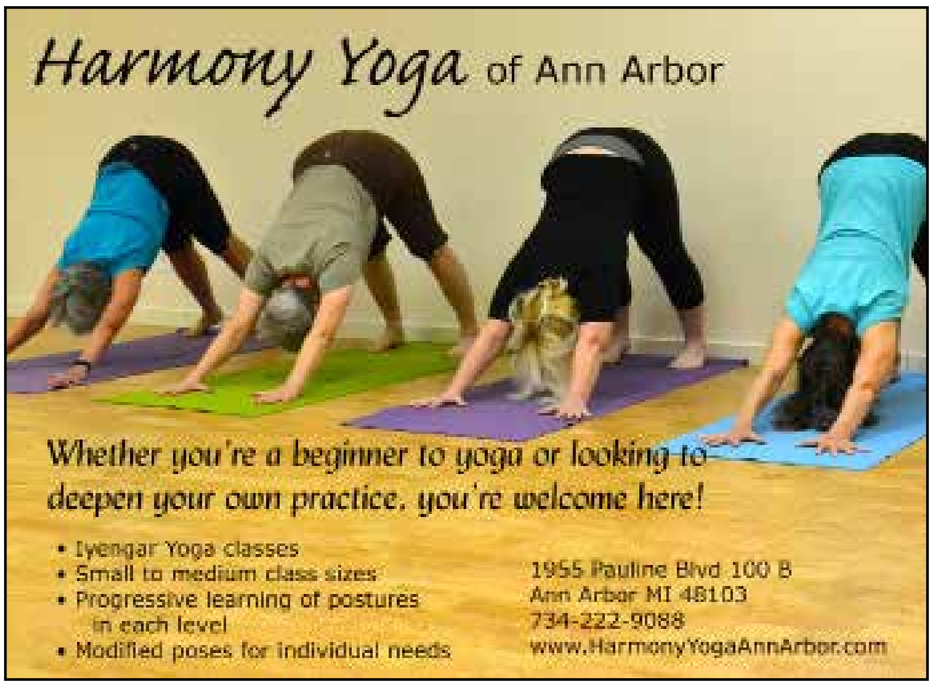
Jim Gilligan began practicing yoga in 1988 and started formally teaching yoga in 2012. He founded the popular AcroYoga Ann Arbor group and is a certified AcroYoga teacher and AYfit trainer, leading weekly classes, workshops, demos, and jams.

① I think people feel emptiness but not in a good way — they're becoming more and more bombarded with media and static noise... people are connecting with others in a different way than we've been programmed for. There's this big need for quiet and meditation, and yoga is the perfect opportunity, especially a class — it's a commitment to you and your inward journey. We're going through a shift as a race and there's a spiritual evolution of humankind. A lot of people are looking for purpose.

② Clearly there are more students every day. We're moving from fringes to mainstream and that's more acceptable. More opportunities and studios and teachers and information about yoga for people to find their own way. There are more opportunities for people to become a community and more connection between studios and the students.

③ I think that this means we become the leaders. We become the models of living a peaceful, nonviolent, spiritually active life following the yogic tradition.

> People are longing for connection and community, there's too much information. When I need to connect to myself, the best way to do that is through the breath.
>
> — Ro Coury



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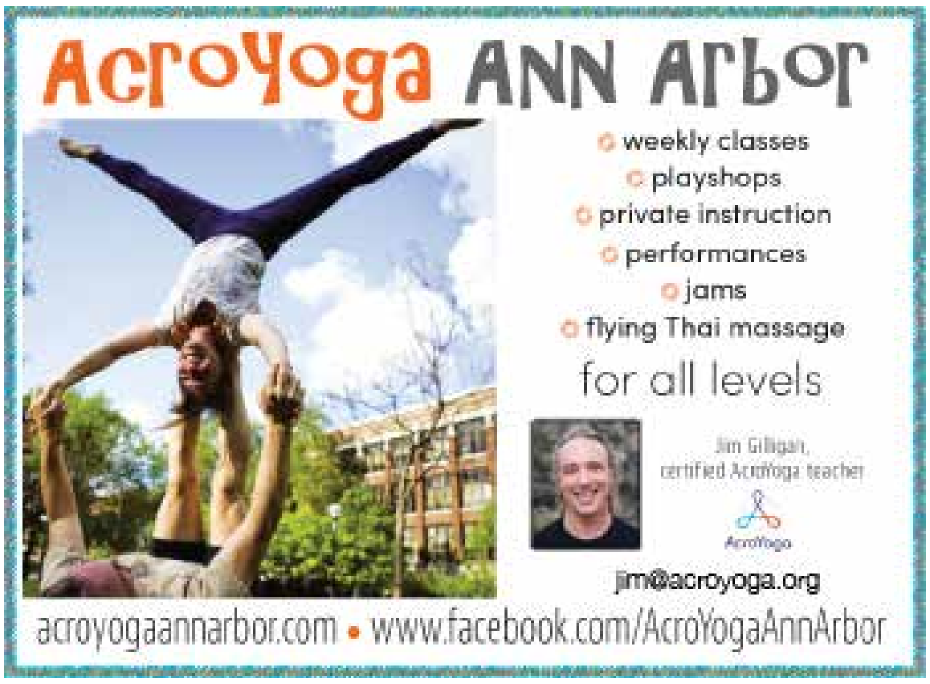

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Jim Gilligan,
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Sue Whitmarsh

Sue Whitmarsh is the Co-owner/Founder of Breathe Yoga Studio in Chelsea.

❶ We just opened two months ago, people are coming out of the cracks desperate to be here. We have lots of beginners. I think the medical profession is starting to embrace yoga as a form of therapy, and has caught onto the fact that some illnesses can be treated with yoga. I teach kids in high school, and the parents who do yoga think it's good, too. People are starting younger and I don't think it's going anywhere, it's just going to become more mainstream. Even one class a week eases the tension and stress these kids have. We're trying to introduce practitioners to the many types of yoga — the exercise gets a lot of people hooked and then we teach a wider understanding of yoga.

❷ Not only will regular classes get fuller, but yoga will start to be practiced by different demographic groups.

❸ Yoga isn't going anywhere. If society continues to become so overloaded, there's this draining effect. People are looking for and need more. Hopefully schools will start to incorporate yoga, and it will be incorporated in more senior centers and hospitals. I think a lot of people hear yoga is good for the body, but then stick around for the mental health benefit. It builds community, and I love that studios can become places of safety and warmth.

> Yoga isn't going anywhere... I think a lot of people hear yoga is good for the body, but then stick around for the mental health benefit. It builds community, and I love that studios can become places of safety and warmth.
>
> — Sue Whitmarsh

Ro Coury

In 2008, inspired by her yoga teacher, Matthew Darling, and her daily practice of Ashtanga yoga, Ro Coury traveled to Mysore, India, for six weeks to study and experience a submersion into yoga, meditation, and the Indian way of life.

❶ People are longing for connection and community, there's too much information. When I need to connect to myself, the best way to do that is through the breath. The teacher training part is the biggest explosion. It's part of the culture of consumerism, and yoga is the ancient art of the whole body connection.

❷ Yoga has always been around and always will be. People who continue to care know it takes a long time, and people who are in it just for the physical often drop out. People who are in it for the eight limbs will be in it for the long haul.

❸ Find out how often does your teacher practice and for how long? Do they talk about the breath? I encourage everyone to move with their own bodies. It's not like this is a fad, it's part of who I am and is always going to be. People are always going to try to make money off of something. I believe that there is a teacher for everyone, and it's really important to let the ego go and stay true to the practice.

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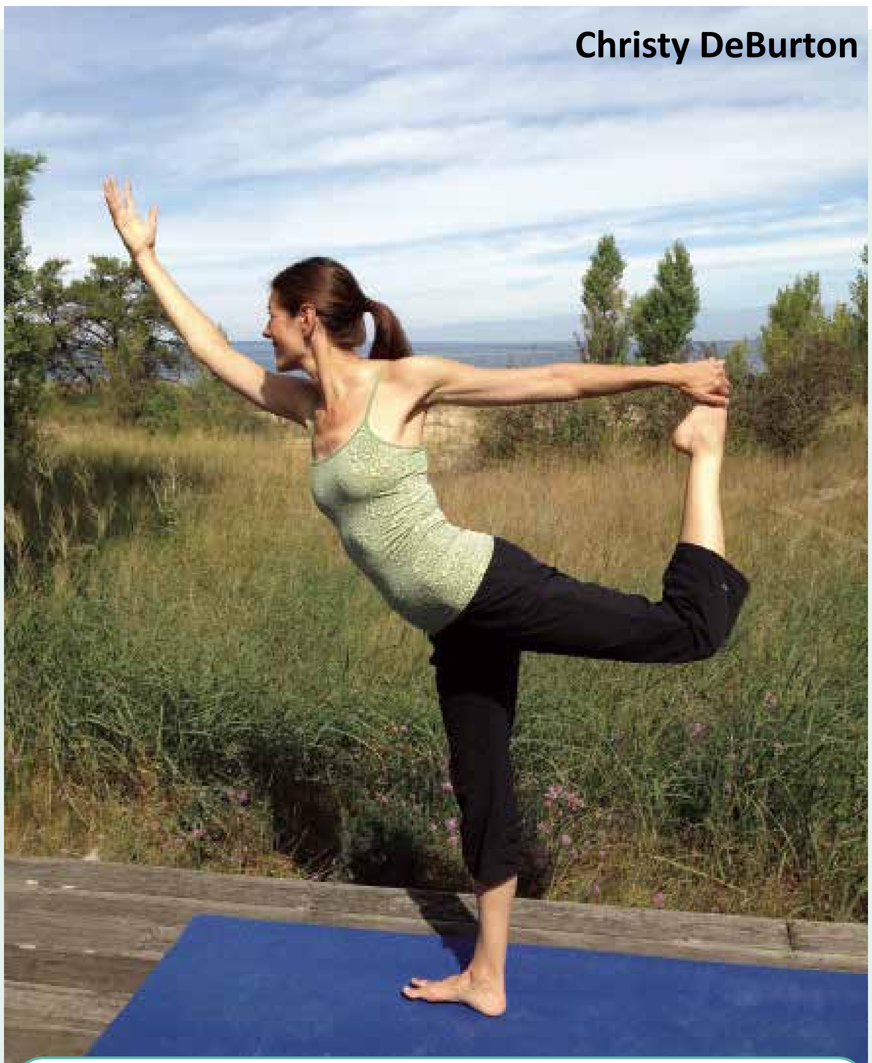
Christy DeBurton

> "There's this big need for quiet and meditation, and yoga is the perfect opportunity, especially a class — it's a commitment to you and your inward journey... We become the models of living a peaceful, nonviolent, spiritually active life following the yogic tradition."
>
> — Jim Gilligan

> "...In recent years, yoga has gained wider recognition as an important element of healthcare as an adjunct to more traditional treatments, emphasizing the importance of yoga in the holistic approach to wellness."
>
> —Janine Polley

> "When I first started practicing, the first year I got everyone in my family a yoga book. This was in the 80s, and everyone in my family was seriously concerned about me. Now they all sort of do yoga."
>
> —Jody Tull

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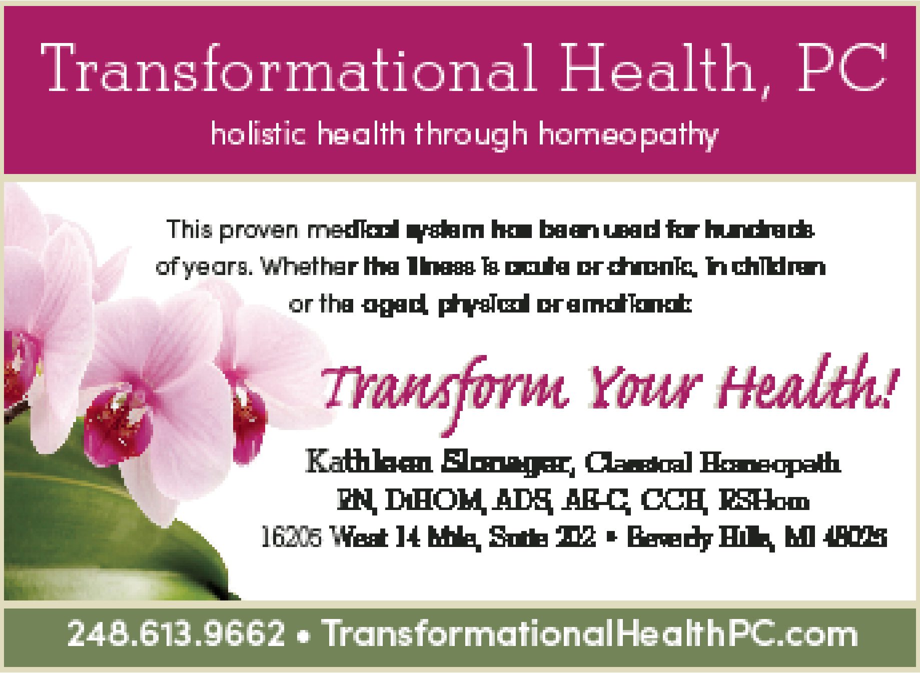
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Is Yoga Having a Moment?

~ 12 Local Yogis Lean In to the Question ~

Continued from page 11

Mary Morley

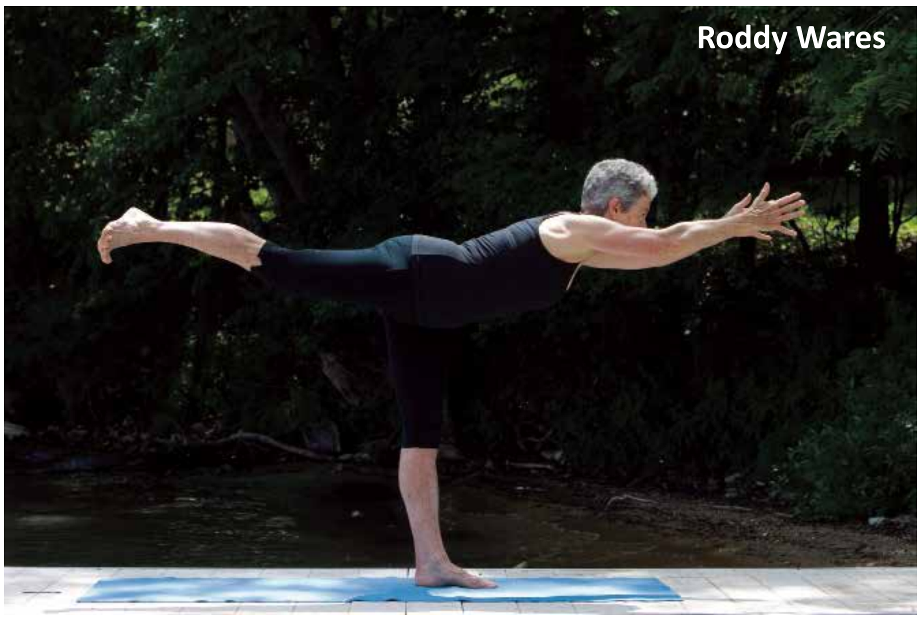
Mary Morley is an art education student with a concentration in photography at Eastern Michigan University, as well as a certified yoga instructor. She works at the welcome desk at A2 Yoga and began practicing yoga in 2010. She did her yoga teacher training in Denver, and currently teaches yoga to her friends. She plans on doing additional training at A2 Yoga so she can feel comfortable enough to teach in a studio.

① I have noticed a growth in the past years. I've been practicing for five years. I'm not sure exactly why it's happening now, but I know the way America is, people are more stressed than normal, and yoga is a way to center yourself — not just take that step towards exercise but also towards mental change. I think that because the way that yoga is represented in society people are catching onto the fact that this might help with all the stress in life and in the body.

> I've been practicing for five years. I'm not sure exactly why it's happening now, but I know the way America is, people are more stressed than normal, and yoga is a way to center yourself — not just take that step towards exercise but also towards mental change.
>
> — Mary Morley

② I think that there have already been more studios opening up and more people going into training and instructors, so there might be more competition as a business aspect. But I think the more people who do yoga the more beneficial to the community and the country in general.

③ In 10 years, there will be more people doing it and I've noticed there are more styles of yoga, there are different names. I think it will continue to grow, Ann Arbor is a town where yoga comparatively has more studios, and has had more studios for quite some time. I think in other cities it's going to grow the way it has in Ann Arbor.



Roddy Wares

Roddy Wares began studying yoga in 1975. After a workshop with Iyengar, when she was pregnant with her first child, she was inspired to begin a daily yoga practice that has continued to this day. She has taught at Yoga Focus and at her home studio, and she is currently teaching at Inward Bound.

① Because the world needs it and people are open to it and once you start — start to change — it's encouraging. There are so many gifts in yoga and once you start to do it, it spreads — this gives yourself a chance to quiet the mind. It's such a gift and people are taking advantage of it.

② I think it makes people more mindful and healthier. Maybe more tolerant. At first it was weird and out there — people know that now it's in the mainstream. Different yoga gives you different things — it makes you more gentle and your bad habits fall away.

③ I think it makes people more open minded and it's good for kids to quiet down and pay attention to their bodies. Then their minds pay attention. It's a great way to relieve stress, even once a week makes you feel good, but if you practice more it's a powerful thing. There are so many kinds of yoga now. For a while it seemed commercialized, and now we're seeing all these teachers coming up, and it's so broad and different, but it pulls people in.

> There are so many kinds of yoga now. For a while it seemed commercialized, and now we're seeing all these teachers coming up, and it's so broad and different, but it pulls people in… It's such a gift and people are taking advantage of it.
>
> — Roddy Wares

Janine Polley

Janine is a Registered Nurse and Hatha Yoga teacher (ERYT200, RYT500) who has enjoyed the practice of yoga since 1989 and has concentrated her studies and practice in the discipline of Therapeutic Yoga. Janine has taught Hatha yoga for ten years and has 25 years experience as an R.N. which has further enriched her teaching. She gives lectures and workshops on the pain relieving power of yoga, as well as yoga for osteoporosis, arthritis, headaches, back pain, and insomnia, and provides continuing education opportunities for nurses on the health benefits of yoga.

① We have seen an explosion of interest in the practice of yoga over the past several years. This is coincident with an increased awareness of its effectiveness in maintenance of overall health and well-being. Furthermore, in recent years, yoga has gained wider recognition as an important element of healthcare as an adjunct to more traditional treatments, emphasizing the importance of yoga in the holistic approach to wellness.

② The venues for yoga are already quite plentiful in Ann Arbor. This number will most certainly continue to increase, and as time goes on there will be opportunities for further specialization of teachers and an ever increasing number of choices for students.

③ There will be increased opportunities for people to find the type of yoga class that best suits and accommodates to their changing needs as they age, taught by a teacher with whom they can connect and enjoy a safe yoga practice. Because of this people will recognize that yoga can be a lifelong practice bringing the life experience into alignment and harmony.

Jody Tull

Jody is the owner of Be in Awe yoga, and she takes her students from all over the world to Soglio, Switzerland, for an annual retreat. She has a master's degree in music and designed a course called "Finding Your Voice." The course combines her love for sound, music and yoga.

① I think that we all — individually, in our families, and in our neighborhoods, villages, cities, state, and country — are looking for peace. And we're looking to lighten the past, individually and for each other. As we become increasingly tuned in to machines, we need something to balance it. So I think we're looking for peace, we're looking for a lighter way of being. Looking to connect others to ourselves, and with others in a way that's genuine and uplifting, and in a way that connects us to that which is important and real.

② When I had my annual checkup with my gynecologist, she said, "Jody, because of you, every one of my patients gets asked, 'Do you meditate and do you practice yoga?'" Many years ago I guess she made observations about me and my well-being. Now research science is catching up and routinely asking, "Do you meditate? Do you do yoga? Do you take walks in the woods?" As a result we're shifting into the vibrancy that launches autumn, and the vibrancy that launches winter, and the vibrancy that launches springtime. So I think that more and more people are wanting to tune into something other than the frantic, chaotic, anxiety — generating frequency — and as a result will be healthier, will need less medication, and will look for more positive ways to bridge differences. We'll be healthier and like ourselves more, and when we like ourselves more, we like our neighbors more.

③ When I first started practicing, the first year I got everyone in my family a yoga book. This was in the 80s, and everyone in my family was seriously concerned about me. Now they all sort of do yoga. They have some sort of a practice that grounds them and allows them to unburden on a regular basis. I am so awe-inspired and I do a lot of traveling, and now wherever I travel, I see yoga mats. Ten years from now most kids will grow up in a family where the parents practice yoga and meditation. The garden will be more alive and energized and connected. Maybe it will be integrated into the public schools. If everyone had a meditation exercise, we'd live in a more peaceful world.

Sitara Bird—

...To her 34,000 followers on Instagram she's instantly recognizable. Her frequent posts illustrate a life well lived. Her color-saturated photos, videos of yoga sequences, and still-life photos of healthy and beautifully arranged food provide vignettes of her life to the thousands of people who interact with her on a daily basis.

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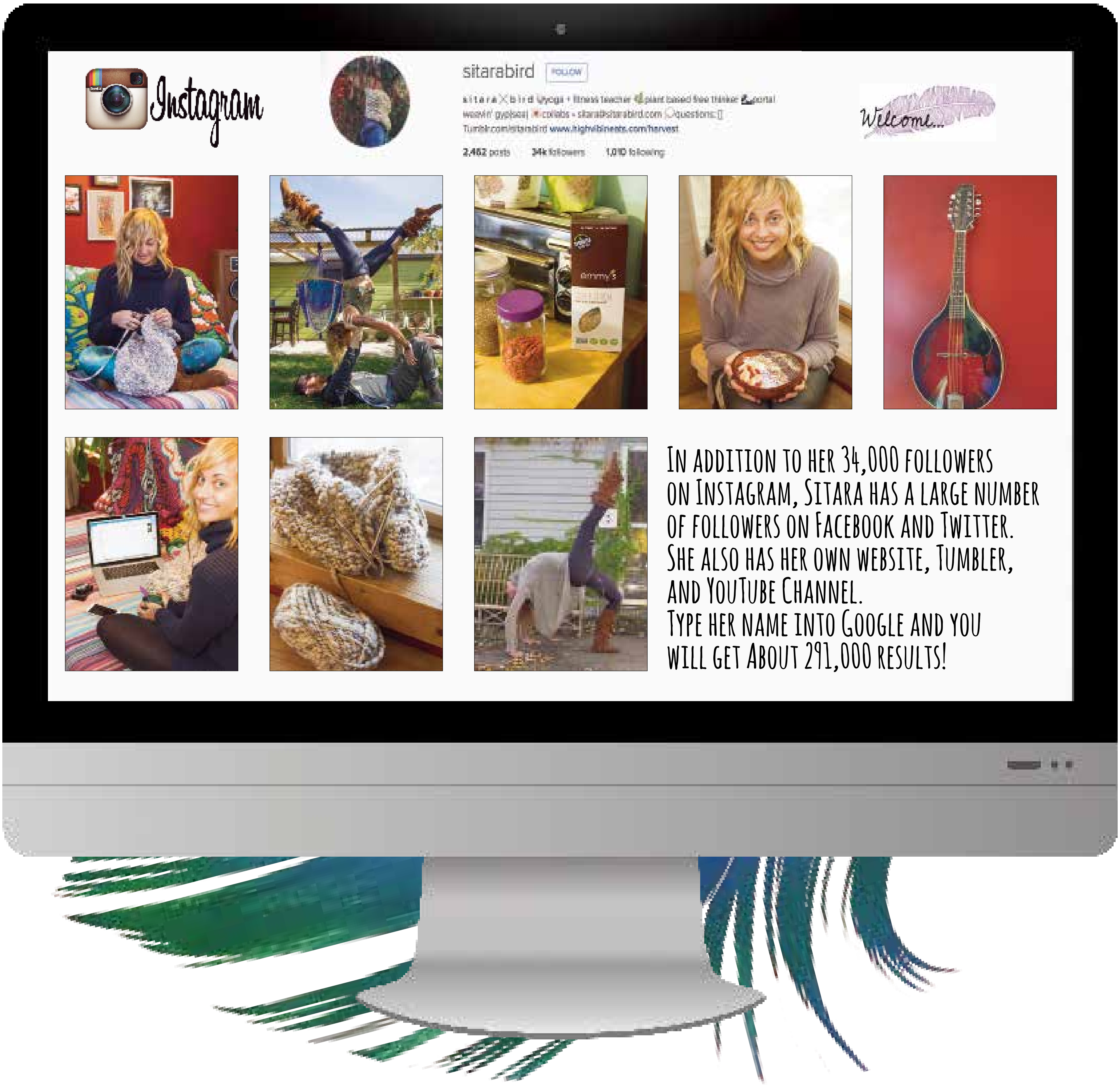
SITARA BIRD~

Detroit's Instagram Yoga Sensation On Staying Connected



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2,462 posts 34k followers 1,010 following

IN ADDITION TO HER 34,000 FOLLOWERS ON INSTAGRAM, SITARA HAS A LARGE NUMBER OF FOLLOWERS ON FACEBOOK AND TWITTER. SHE ALSO HAS HER OWN WEBSITE, TUMBLER, AND YOUTUBE CHANNEL.
TYPE HER NAME INTO GOOGLE AND YOU WILL GET ABOUT 291,000 RESULTS!

Sitarabird - Today is already so F U L L. Heart (& cup) is full. Thank you @davidschmenk for hosting us! We had a ton of fun playing upside down today! Inversions can bring up a myriad of emotions; being able to slow down and listen to the subtleties, while you hold your container is essential. You all inspire me so much. We love what we do and we're grateful to share this passion of ours with you. Thank you Yogaja!

Sitarabird - Gathering ideas from the trees. Immersing myself in nature is exactly what my body & mind need, more often than not. Frolicking around in @the_divinia's threads. Her #organic cotton is so soft to the touch and hugs my body just right which is so important as #movement is my #medicine. Cannot wait to rock my hoop in these.

By Chelsea Hohn

Photos by Joni Strickfaden

A young, mermaid-esque woman walks into a coffee shop in Ferndale, Michigan. Her blonde dreadlocks intertwine with beads laden throughout, floating around her head like a messy halo. Accessories adorn every limb. Jewelry hangs from her nose in several places, bracelets accentuate her wrists, and elaborate tattoos peek out from her clothes.

Her Instagram is a source of inspiration to her followers, who interact with her through the main form of communication on Instagram: comments. Thousands take a moment to write sentiments expressing their appreciation and encouragement.

To many, Sitara Bird's uncommon beauty might catch their attention, but to her 34,000 followers on Instagram she's instantly recognizable. Her frequent posts illustrate a life well lived. Her color-saturated photos, videos of yoga sequences, and still-life photos of healthy and beautifully arranged food provide vignettes of her life to the thousands of people who interact with her on a daily basis. Their essence captures her presence, calm yet powerful.

Continued on page 16

SITARA BIRD

Continued from page 15

Her Instagram is a source of inspiration to her followers, who interact with her through the main form of communication on Instagram: comments. Thousands take a moment to write sentiments expressing their appreciation and encouragement.

Similar to her appearance, her Instagram account feels like an extension of herself. She presents something alluring yet seemingly effortless, and has the innate ability to bring out the best in others.

"EVERYONE ALWAYS SAYS YOU FIND YOGA WHEN YOU'RE SUPPOSED TO FIND YOGA, AND IT FOUND ME RIGHT WHEN I NEEDED TO FIND IT." – SITARA BIRD

Now 26 years old, Sitara Bird started practicing yoga when she was 19, in Clinton Township, and took her yoga teacher training in 2010. She now teaches yoga in the Detroit Metro Area, especially at the Citizen Yoga studios in Detroit and Royal Oak. When I asked her how yoga found her, she replied, "Everyone always says you find yoga when you're supposed to find yoga, and it found me right when I needed to find it." I couldn't help but think her Instagram feed was helping others in search of finding their yoga connection.

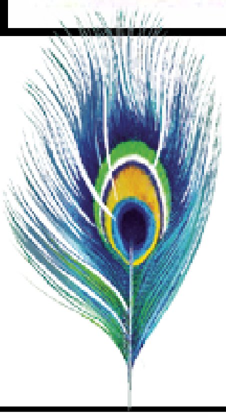
Sitara Bird first took a liking to Instagram because she found it was easier to control what she sees on her feed. It occurred to her that this medium was ideal for sharing her story and inspiring others. It was also a match for her interests in yoga and photography. Now she posts about once a day; she has no quota but posts often enough to keep a regular following.

The rise of social media has coincided with a growing subculture of people who go online to have inspiration translate into life away from a screen. Sitara Bird's elegant tributes to yoga and healthy eating have put her at the forefront of the followers who champion this lifestyle.

THE CONVERSATION SHE'S GENERATING IS AT THE NEXUS OF YOGA TEACHERS, PRACTITIONERS, CLOTHING BRANDS, AND FESTIVALS THAT ARE INTEGRAL TO THE MODERN YOGA COMMUNITY.

It seems her 34,000 followers is evidence she's doing something right. The conversation she's generating is at the nexus of yoga teachers, practitioners, clothing brands, and festivals that are integral to the modern yoga community. Yoga brands have begun to work in step with social media stars by creating contests within Instagram. Yoga festivals draw attendees by having similarly well-known names and Instagram personalities teaching at them. And for teachers like Sitara, it's meant connecting with new students all over the world.

IN THE YOGA REALM ON INSTAGRAM, THIS MEANS GETTING ON THE MAT, AND FOR MILLIONS, THE FORMAL YOGA CHALLENGES TO DO A CERTAIN POSE OR ACHIEVE A DAILY GOAL, AND SHARING YOUR PROGRESS, HAVE BECOME WILDLY POPULAR.



Many of modern yoga's media stars are women in their 20s and 30s, with a range of yoga experience, but, at its heart, the movement seems to share similar intentions. It's a positive community, one that for the most part includes members who share encouraging comments and act as catalysts for trying a new yoga pose or getting centered. Hashtags have also made it easy for people to connect around similar ideas, helping to spread inspiration by illustrating variations on a theme.

MANY OF MODERN YOGA'S MEDIA STARS ARE WOMEN IN THEIR 20S AND 30S, WITH A RANGE OF YOGA EXPERIENCE, BUT, AT ITS HEART, THE MOVEMENT SEEMS TO SHARE SIMILAR INTENTIONS.

But to some, taking yoga to social media can seem like a step backward. Taking part in social media often comes from a very ego-ridden place; with users judging themselves and others through the process of likes and views. It's easy to be deceived by appearances and distracted from real life.

With this in mind, I asked how Sitara Bird could use social media as a tool to spread or gain positivity without getting caught up in praise or rejection. She explained that it's a challenge, and a building of awareness. "I kind of view my Instagram account as a journal," she said. "People ask me, 'How can you post yoga photos and it not come from an egotistical place?' I know my intention is to share my story, and from the feedback I receive I know that it's working."

Using social media as a journal and a place for self expression keeps the intention real for her. Though it is also important to her to remember that social media is not real life.

Putting value on something that isn't real, such as likes and followers, is a dangerous path that many users of social media go down. Commenting on this, Sitara Bird asked, "If the Internet broke tomorrow, then what would you do, where would you find your happiness?"

But not everyone has the detachment down. Many people use social media as a way to put value on themselves and get sucked into questioning their self-worth. With the positivity emanating from Sitara Bird's community of followers, their connection is an antidote to this. Sitara Bird keeps the balance by keeping real face time.

"That's more important and more fruitful and more filling for your soul than posting a picture, and the problem with social media is it creates this broader, more expansive bridge — you don't see people talking anymore," she said. "I think keeping real face time is important, and keeping yourself in check."

FUSING A PRACTICE THAT IS FOCUSED AROUND LETTING GO OF THE EGO INTO A MEDIUM THAT CELEBRATES THE SELF IS TRICKY ENOUGH.

Keeping yourself in check can mean questions of authenticity. For Sitara Bird, she tries to keep her page as authentic as possible. Social media is a place that can be easily crafted to convey a certain image, one that often leaves out emotions and experiences like pain, suffering, and loss. She finds there's often a gap between what people experience everyday and what they choose to share. But she likes to write about her personal experiences, and says that when she is open and expresses her thoughts she gets the most gratitude from followers. It's what inspires her to keep sharing.

Instagram as a format for connection has a great potential to change lives, if users can also remember to get the face time that is necessary. In the yoga realm on Instagram, this means getting on the mat, and for millions, the formal yoga challenges to do a certain pose or achieve a daily goal, and sharing your progress, have become wildly popular. Joining together to practice can be a wonderful reminder of why yoga appealed to them in the first place as well as a way for people to start a habit they would like to keep.

It's also a place for businesses and opportunists like Sitara Bird to make connections and further themselves. She uses Instagram in part as a business endeavor and in part as a way to show potential students what her yoga practice is like. Even if it's been inadvertent, Sitara Bird's social media presence has become a brand, enabling her to become a participant at festivals, a teacher at large events, and a yoga retreat leader with Citizen Yoga.

The balance between using Instagram as part of her journey as a yogi and using it for business is another challenge she has to manage. Fusing a practice that is focused around letting go of the ego into a medium that celebrates the self is tricky enough. I asked her, "Does adding a layer that is growing a personal brand dilute the original purpose of spreading the gift of yoga?"

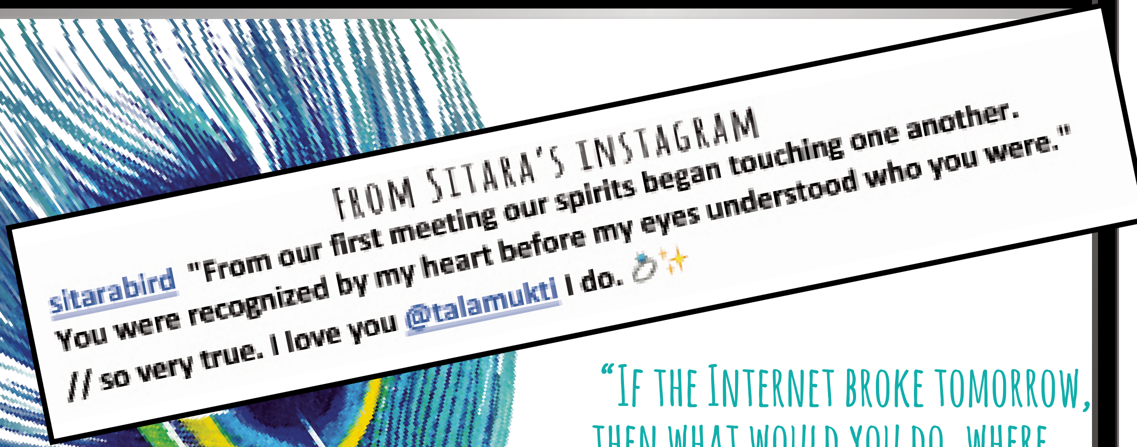
"Not necessarily," she said. Her approach to social media is genuine, and she uses it as a way to spread the gifts she receives from yoga. But it is also how she builds her brand and works as an entrepreneur. She acknowledges how others might see the conflict in that. She also encourages people to evaluate social media's potential for reinforcing best practices, as the community voices their alarm when authenticity is lacking. Negative feedback can motivate people to change course for the better.

For her next endeavor, Sitara Bird is making videos, available online, so anyone around the world can practice with her. Her vision is to use her success on Instagram to bring people to her website.

"PEOPLE ASK ME, 'HOW CAN YOU POST YOGA PHOTOS AND IT NOT COME FROM AN EGOTISTICAL PLACE?' I KNOW MY INTENTION IS TO SHARE MY STORY, AND FROM THE FEEDBACK I RECEIVE I KNOW THAT IT'S WORKING." – SITARA BIRD

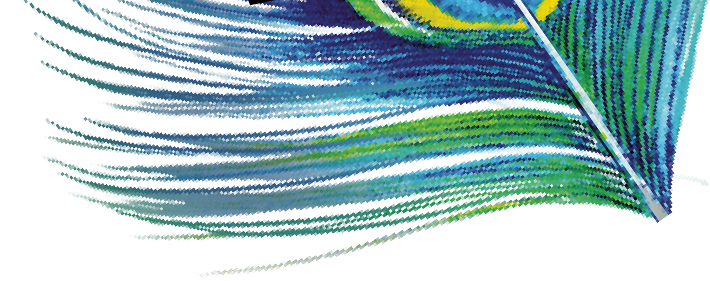
SITARA AND HER HUSBAND, TIM SHELLABARGER

IT OCCURRED TO HER THAT THIS MEDIUM WAS IDEAL FOR SHARING HER STORY AND INSPIRING OTHERS. IT WAS ALSO A MATCH FOR HER INTERESTS IN YOGA AND PHOTOGRAPHY.



FROM SITARA'S INSTAGRAM

sitarabird "From our first meeting our spirits began touching one another. You were recognized by my heart before my eyes understood who you were." // so very true. I love you @talamukti I do. 💍✨



"IF THE INTERNET BROKE TOMORROW, THEN WHAT WOULD YOU DO, WHERE WOULD YOU FIND YOUR HAPPINESS?" – SITARA

Continued on page 18

Sitara Bird

The rise of social media has coincided with a growing subculture of people who go online to have inspiration translate into life away from a screen.

She finds there's often a gap between what people experience everyday and what they choose to share.

Continued from page 17

For Sitara Bird, she tries to keep her page as authentic as possible. Social media is a place that can be easily crafted to convey a certain image, one that often leaves out emotions and experiences like pain, suffering, and loss.

It's a strategy that works. With a captive audience, an account featuring beautiful photos like Sitara Bird's can grab attention and attract new customers to studios, brands, and events and improve opinions. Like with any other aesthetic-based medium though, the quality and appearance of the photos matter. Attention to detail and an eye for design can go far, as it has for people like her, so if you're a business owner considering this strategy, get a design-oriented person to lead the job.

Sitara Bird's social media presence has become a brand, enabling her to become a participant at festivals, a teacher at large events, and a yoga retreat leader with Citizen Yoga.

So many people take to social media as a means to change their life, looking for a source of inspiration that will catapult them into new habits, but Sitara Bird encourages people to notice the conversation we have with ourselves.

"Notice the conversation you have with yourself in your own head, that's where it starts," she said. "You want change — it starts there first, it's not outside of you, it's not looking at something through a phone — it starts inside of you."

For more information about Sitara Bird, learn about her on her website www.sitarabird.com. To see her on Instagram, go to instagram.com/sitarabird/.

With a captive audience, an account featuring beautiful photos like Sitara Bird's can grab attention and attract new customers to studios, brands, and events and improve opinions.

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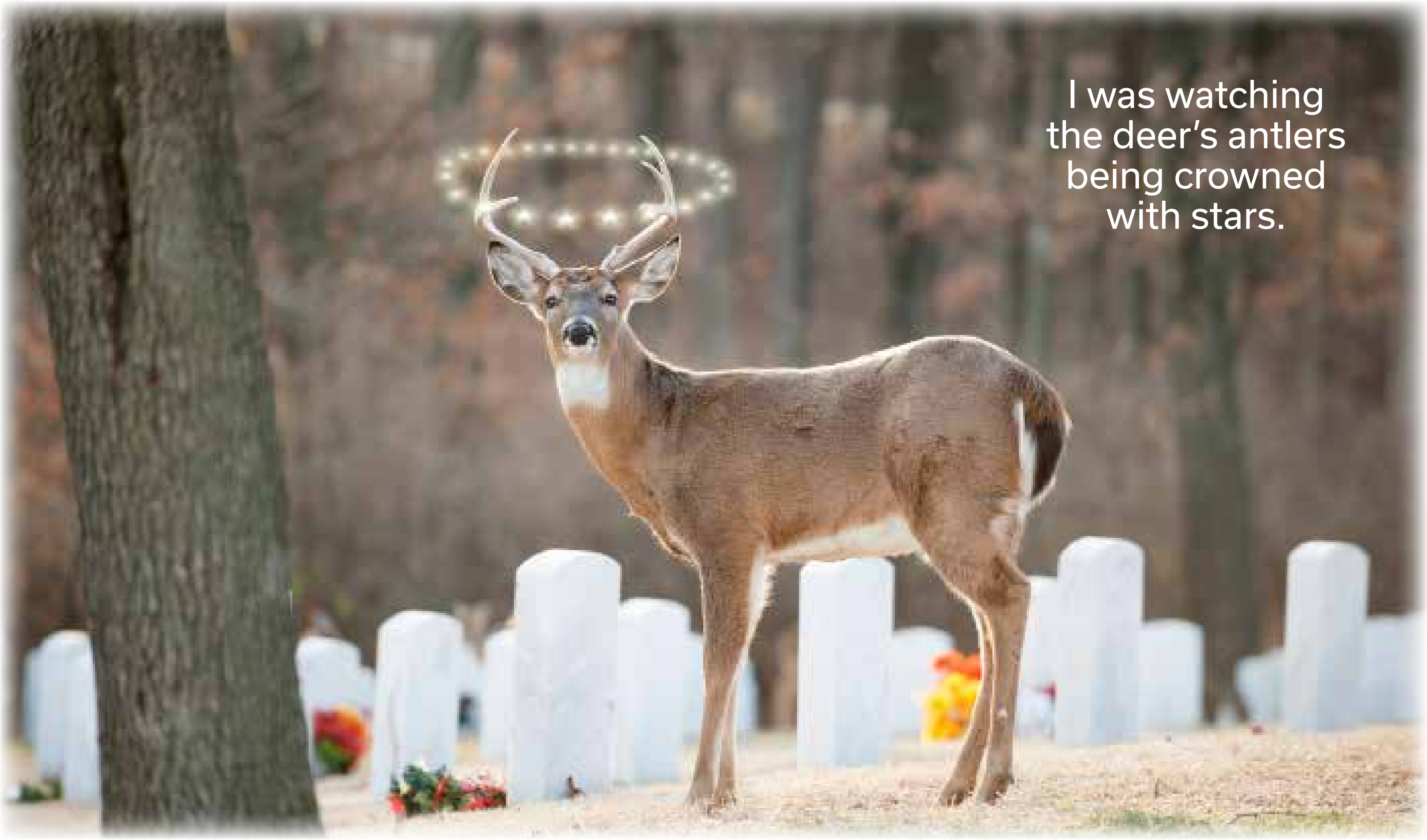
Forest in the City: A Meditation on Present Deer and Absent Wolves



I was watching the deer’s antlers being crowned with stars.

By Irena Nagler

There is a forest in the city. The ground holds the memory of it. In the night, animals hunt and mate and weave starlight with scent.

I wake one morning from a dream of family. In it I am a misfit in my generation, my eyes blinking in sunlight that streams through porch windows. Yet I sense that I am close to distant ancestors. I go outdoors. I am holding the leg bone of a doe. I throw it into a dark wood, and a herd of deer springs forth.

**There is a forest in the city.
The ground holds the memory of it.**

Outside, in the dawn, I find hoof-prints that skirt the edges of the street where I live. Two sharp markings from each tread are etched into earth. Together they form wreaths and long strands. I move among them, walking in the memory of the recent passage of deer. The sun is burning its way through fog. Suddenly a russet thing made of grace and lightning arcs across the road and vanishes into green, leaving a bright invisible line.

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Both firefighters and those who set controlled flames in city parks speak of a “wildland-urban interface.” The phrase evokes a shape-changing dance, a wily sort of move, to survive and thrive.

Suddenly a russet thing made of grace and lightning arcs across the road and vanishes into green, leaving a bright invisible line.

In legends, deer are transformed men and women, caught in the hunt, always half-wild even when respectably married to their captors. Often they embody issues of moral transgression, of abuse and the protection of boundaries. In British Celtic lore, the faerie hart leads you to fresh springs, takes you through doorways that are near as breath and heartbeat.

Kes Nagler, a university student in Ann Arbor and a kindergarten teacher in Detroit, finds them often. In response to my query about an experience she has had with deer, she writes:

> My friend and I were walking around the cemetery on Observatory at night. I noticed a light, and we were drawn to it. It was a reflecting crystal hanging from a little stand near a grave. We were confused, since there was no moon, and the sky was cloudy. The grave was of a fifteen-year-old boy...and we were standing there, paying respects to whoever had died so young and observing the beautiful things decorating the grave. Suddenly, a fawn...very young...enough to have been hidden by its mother...leaped up from just to the left of the stone. We both gave little screams. We watched it with eyes and ears as far as we could. We had not seen any trace of it resting under our noses! We're sure that there was something a little more than a fawn sleeping there!
>
> Later, as we walked around more of the cemetery, we came across a few grown deer. Their eyes shone in the light of my phone even though they were too far to see their bodies in the night.

I’ve seen the cemetery deer, a herd of them, on winter days. So still that they might be memorial statues among the stones, until electricity touches my skin as I notice staring eyes that follow me from every angle. A sentinel leaps to her feet. The hart, the heart at bay. The herd materializes: nothing there, then all of them at once, watching.

Sometimes deer seem to enter the stage of human affairs to deliver uncanny messages. The interpretation of them is up to the viewer. In 2002, a deer crashed through a window at the Y.M.C.A. It had just become a bone of contention in the city. Artists and entrepreneurs who worked in the building the new Y was to supplant were cast as unwilling adversaries of an institution they may have preferred to support. It was a bitter-hearted controversy, though many tried to steer it in a creative direction.

Beyond the city, soldiers were landing in Afghanistan, preparing for Iraq. A member of our community was held for months in a tiny cell in Chicago because of his ethnicity.

A deer fell onto Plymouth Road as a friend and I were on our way to a film that winter. I could barely see the movie; it was all army-hardware in space and prolonged battle scenes. I was watching the deer's antlers being crowned with stars.

Another dream. A wolf follows an antlered deer up a curving stairway. On a ledge they perform a swirling dance, spiraling around one another, until they appear to be two men becoming lovers.

In old Europe, spring and summer belonged to the Deer, and winter to the Wolf, named Lupercus. At equinox they dance, trade places.

In old Europe, spring and summer belonged to the Deer, and winter to the Wolf, named Lupercus. At equinox they dance, trade places.

I know people who swear they have seen wolves to the north and east and west of town. They tell uncanny, similar stories: the wolf near a woodland edge walking parallel to the observer's moving car.

I've only seen wolves once, and not in the wild. I was with family at Binder Park Zoo near Battle Creek one December night when it was open late for holidays. We arrived at a bridge over a little chasm where endangered Mexican wolves lived. We leaned over.

First there was only dark water. Then silvery forms in motion. Long legs slung from their hearts, each step plunging down into an ethereal abyss. The wolves approached the bridge, began to pass beneath it. I felt a bolt of lightning rivet me to the ground. Moonlight replaced my blood. Penned in they may be, but they have not lost one whit of their elegant charge.

Teaching a movement class in connection with elements in nature, I have everyone turn toward a grove of trees. I ask them to whirl once with arms held out or up, then stand still. We imagine a herd of deer among trees, standing so quietly you might not notice them. Suddenly they are in motion. A bolt of electricity runs through you. Allowing it to lengthen, you extend it through the forest, explore the hills beyond. You may find that you are sensing the presence of herds of real deer.

Drawing that electric nerve back in again, you sense the trees nearby, those beings with arms and antlers, and wait for one of them, white pine or oak, birch or hemlock or maple, to invite you into a merge.

On summer afternoons I take a shortcut past an urban field. It's a narrow path, hemmed in on one side by dense vegetation, and on the other by a wire fence. Only room for one person to walk, or one deer, or one imaginary wolf.

In the aperture at the far end where sunlight shines in a slender column, I see a vase. Or a chiminea? A golden urn?

Then I see the face projecting above it, long and narrow, almond eyes staring at me down the length of the tiny path through green darkness.

There is a hole in the fence. Someone has pitched a tent among the aspen trees, its fabric the color of their leaves.

I felt a bolt of lightning rivet me to the ground. Moonlight replaced my blood. Penned in they may be, but they have not lost one whit of their elegant charge.

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Walking by the field on a windy night, I want to wrap it around me whole like a great silver fur, burrow into its fabric and become it, bristling in the arms of starlight. From crushed concrete and dry earth it has sung life into being. Bacteria transform its earth into rich dark beds. The Milky Way paints glimmer-clouds beyond bleached walls of L.E.D. light. I can imagine wolves in this field at night.

Millennia ago, in Europe, forests and other hunting areas were appropriated by a few dominant humans. Hundreds of years ago, this extended to common lands and fields in enclosure acts. The Americas inherited this approach and became a landscape of fences.

The Americas inherited this approach and became a landscape of fences.

Ek Zip, the Mayan god of both hunter and prey, keeps animals in a pen of divine proportions, and releases them into the woods. He has a black face and he appears worldwide — Europe, Africa, Asia — under different names. He may be one of our earliest memories.

What can we do, now that humans have destroyed the balance between Lupercus and the Deer, and encroach ever further on their habitat? We stalk on grids and calculation, holding-pens for minds as well as animals. Winter nights on the north and east of town, bait may be laid on snow or mud or understory, shots fired, a hundred deer transformed into food for those who need it, bones for batons, skins to put on in dreams and run through the night, harts and hearts at bay.

There is a place here where river meets wood and field and sandy scrubland and highway and little glowing stream, and the paths and roads and waters spiral back on themselves so you lose sense of direction. On Midsummer Night when the full moon sends white rays into the woods, they become a story that coils alongside the mechanized world still audible just beyond. Ferns glow in the light that frames great dark trunks of oak and hemlock. Paler trees shine, and tiny moths flutter into green depths where the creatures of the night are waking. And just outside the forest boys and girls are throwing fireworks off the bridge. In the meadow above them grasses spring up like electric fur into silver arms of light. And something rustles and breaks fallen branches, just beyond vision.

A hoarse cough sounds through the woods, an alarm call. A telephone pole slung with wires seems another strange, wild tree. I brush my hands along a stand of tall graceful grasses, wet from recent rain. The moon shines through them, and they seem to spring across its glowing face. They are like dampened human hair. A slender golden ray pierces through trees and lights up water-drops. There is a tree with leaves like hearts.

A slender golden ray pierces through trees and lights up water-drops. There is a tree with leaves like hearts.

We leave for our homes, imprinted with the topography and soul of this piece of earth. Later, transformed into deer running over snow and moonlight, we might discover a place where stars hide among roots when everyone but the hunters is asleep. We lose sense of direction, but maybe we find a path.

The forest waits to return when we are gone. It wakes when I sleep. It is alive with present deer and absent wolves. It lives inside my skin.

Irena Nagler writes fiction and poetry, teaches environmental movement meditation, and is a visual and performing artist. She has won an award in poetry, completed several novels, and is working toward publishing a novella on tree-free paper. The website for her dance group is www.twofeather.com/nightfire.

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Where Language Can Take You — An Interview with Poet Fiona Chamness

Interview and Photos by Julianne Linderman

Fiona Chamness is a poet, songwriter, and native Ann Arborite. Her first book, Feral Citizens *(which she co-authored with Aimée Lê), was published in 2011 by Red Beard Press, a youth-driven independent press that is part of the Neutral Zone. I recently sat down with Fiona to talk about some of what inspires her writing. Afterward, she sent me three of her poems, previously unpublished (which can be found on the next page). The poems immediately drew me in and struck me in fresh and unpredictable ways. It's hard not to be pulled in by them and then surprised at where you end up.*

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Julianne Linderman: "Marianas Trench," to me, is an accurate description of pain. When you keep searching for the root cause of pain, keep seeking to get rid of it, it seems to just get deeper (so deep that even the deepest part of the ocean, Marianas Trench, can't suffice as an appropriate comparison for it). What do you think this poem is trying to describe or say about pain?

Fiona Chamness: From when I was writing it, I didn't have a thesis that I was trying to illustrate with metaphor; that's not usually how my writing happens. The poem actually started with the title, which came into my head as a really ridiculous, melodramatic line. I think I expected a farce, but it ended up getting serious. In its current state, I think it has to do with the idea that there's no working absolute by which we can measure suffering. I don't buy the idea that we all suffer the same amount just from sharing the human condition — that strikes me as too easy a cop-out in the face of staggering social and global inequality — but it is true, if tautological, that the deepest suffering you're able to feel is the deepest suffering you're able to feel. You can't replace it with someone else's, at least not sustainably, and you can't duck it by telling yourself it's smaller than some entity outside you. You're not a trench or a mountain and if your pain is overwhelming you, it's just overwhelming you, and that's that. There's obviously much more to the story of processing pain than that, but I think this poem in particular deals with pain in its moment of distancing and non-acknowledgment, which many, if not all, kinds of pain pass through at some point on their way to or from moments of sharing or opening or collective expression.

Julianne Linderman: There's some "unpretty" imagery both in the "Last Witch" and "Marianas Trench." In Last Witch: *You can squeeze her eyes to cure the common cold*, and in Marianas Trench: *… she could eat your body, layer by layer, squeezing and pressing you like a lemon juicer …* "squeeze" leaves a strong impression in my mind. Is this a common — or conscious — device in your poetry, these darker images, blood, and so on?

> …the deepest suffering you're able to feel is the deepest suffering you're able to feel. You can't replace it with someone else's, at least not sustainably, and you can't duck it by telling yourself it's smaller than some entity outside you.

Fiona Chamness: It's certainly common. I suppose it's conscious in the literal sense of my being aware that it's happening. The underlying question of whether I favor it above gentler language on purpose in order to elicit specific reactions is more complicated. For better or worse, I'm an intense person, and I'm drawn to language I can experience viscerally — language that can conjure smells and tastes and textures, that feels physical in some way. I need and employ that language because it speaks to the intensity with which I experience and interpret, not because I have any particular reverence for the shocking or the destructive. I need to be free to go to unhappy or discomfiting places when that's where I'm going, and I relish the way language can be evocative, but it's the evocative rather than the provocative that generally guides me. If I lose sight of what need ugliness or disturbance is in service of, I don't generally feel good about the work; the same is true of beauty.

JL: I'm tempted to connect this back to something you said when we met, but I can't quite remember the context — something along the lines of "you don't always write about 'the flowers,'" which I took to mean your not being afraid to confront deeper issues and themes. For whatever reason, "not writing just about the flowers," remained with me. Is there something to that for you?

FC: I had a really good conversation with a friend a while ago about the idea of content being "heavy." I think it's a deceptive description — things often feel a lot heavier to people who aren't used to carrying them, and there's a way in which, when approaching art, we tend to measure "deeper" or "darker" content using the responses of people who haven't had the experience being discussed as a benchmark, and I think that can sometimes erase the way in which the same piece of art is experienced by people for whom the content is lived and familiar. As I said, beauty is important to me (as is joy, although they're not the same thing), but so is approaching things that are difficult, whether I'm afraid to or not (and often I am.) What's more, it's important for me not to have expectations about people's reactions — what feels heavy for me might feel commonplace to a reader, and what feels commonplace to me may strike a different reader as strange, difficult, or overwhelming.

> Things often feel a lot heavier to people who aren't used to carrying them.

JL: The last lines of "Last Witch" speak to one of the themes you told me you often write about — gender. In this case, the witch herself embodies a woman who isn't afraid to challenge gender norms, specifically the rigid expectations of her "boring century": Her rebellion is her legacy — *Her skin will foam and rise like simmered cream. Her fingernails will peel away and point in new directions, an impossible compass, until there is nothing left in the square but the hard blood smell of her life, which could power a high-rise for a year, or feed an army of women, breath by breath.* Can you talk a little more about gender and your poetry? How does your own life experience (being a 25-year-old woman) factor into this?

Continued on page 24

Interview with Poet Fiona Chamness

Continued from page 23

FC: It's a pretty fraught place to think from, to be honest. What I have to say from gender doesn't always connect clearly to what I have to say about gender. I come, for example, from a family history that includes a lot of physical and emotional violence that I would call gendered, in that it has targeted women in the places society rendered them most vulnerable. Some of that is the kind of violence we have narratives for, but there was also, for example, an ancestor who very much desired to be a writer and who may well have been queer and/or asexual — the line, I think, was that she "always disliked the company of men" — but who was gaslighted by a male friend into marrying him because he convinced her that pursuing her dreams would condemn her to a life of isolation and misery. I feel an intense, embodied connection with that history, and it has shaped both the way I speak from gender in my writing and the lessons I'm learning about it in my own life. I also, however, am deeply opposed to an essentialist view of gender that serves to divide and conquer, and to erase and abuse my loved ones who cross, straddle, or exist outside of the gender binary. I need to write about the way my particular female experience has shaped my perspective, but also about the very real ways in which gender itself can be violent, can empower, collectivize, isolate, and destroy in one breath. At heart, I find that for me gender is less a subject than a lens, both clarifying and unfair, through which to observe and test the interplay between emotional knowledge, the body, and social expectation. I suppose that's not a very coherent answer, but when it comes to gender I haven't had a particularly coherent experience.

When I was younger, I was very smart, very moody, very sensitive and more than a little insufferable. All of those things are still true.

JL: In your poem "Jerking Off" (published in *Pank Magazine*), I loved these lines, and they seem to partly relate to what we are talking about now: *When I was twelve I learned the term 'Fruit Cup Girl': She who asks a boy to break open her fruit cup in a feigned or actual display of weakness. I am not a fruit cup girl.* I'm curious to hear a little about what you were like when you were younger — I bet you were not a Fruit Cup Girl.

FC: When I was younger, I was very smart, very moody, very sensitive and more than a little insufferable. All of those things are still true. I was not a Fruit Cup Girl. In fact, I bought into the regrettable idea that in order to be taken seriously I should never need to ask for any help under any circumstances and that it was up to women to prove through utter independence that we were strong and worthy of respect. That idea made me scornful for girls who flirted, or dressed cute, or asked for help at all, and it's a lot easier for me to recognize the misogyny inherent in that thinking now that I've had more time to learn how to be vulnerable. I have a lot of admiration and respect for my younger self for her scrappiness and stubbornness, not to mention for being a far more disciplined writer than I am now, but I'm also grateful at 25 to have the space and opportunity to at least try to get humbler, and to spend more time surrendering to what I don't know.

I need to be free to go to unhappy or discomfiting places when that's where I'm going, and I relish the way language can be evocative, but it's the evocative rather than the provocative that generally guides me.

JL: "The Ghost," I admit, was the most challenging poem for me. After a third reading, I thought, *Identity. That must be it!* … Cell phones, high school, missing persons, to ultimately zombies and secret names. What's your take on this?

FC: I came to and away from writing that poem more with a feeling than with an argument. My high school experience involved a lot of clandestine communication, a lot of crises (both major and minor) of which most adults in our lives were completely unaware. I used to sleep with my phone turned on all night (before social networks and smartphones made that standard practice) just in case there was an emergency and someone needed me. I think teenagers have dealt with that sense of vigilance for a long time — my mother and grandmother certainly remember it, and the idea of "teenage invincibility" has never rung true for any of us — but for my particular place and time the phone felt particularly indicative, kind of a talisman. Our phones also broke a lot, from our clumsiness and from shoddy construction, and part of the poem came from wondering if they were really breaking because they couldn't stand up to the emotional voltage passing through them with such frequency.

What I have to say from gender doesn't always connect clearly to what I have to say about gender.

JL: Speaking of high school, can you describe a little more about your work at the Neutral Zone? What have you learned from working with younger writers? Have they read your work? Were you surprised by their reactions?

FC: God, what haven't I learned from working with younger writers? The teens I work with humble me every day. They challenge me to be a better person. I know that's a clichéd response, but it's true. I've learned from them about the importance of both emotional honesty and self-protection, about giving yourself permission in writing both to ask genuine questions and to be unafraid of stating your earned knowledge and emotional truths. I also receive assurance every day that writing is a living art. Although I exercise some care about what pieces I choose to bring into that space, my teens do read my work, and I assume they can find it if they want to. In fact, it was the Neutral Zone's teen-run press that published my first (and only, to date) book, and the attention, critique, and care the teens put into that project is something I treasure to this day. I can only try my hardest to demonstrate the same kind of investment in their work and growth. It's hard for me to be surprised by their insightfulness because I'm immersed in it, but I am awed by it nonetheless, and I wish there were more people in positions of power who were aware of the incredible gifts teens have to offer when they're accorded respect and given spaces to express and explore.

JL: What are a few of your favorite poetry books as of late?

FC: To be honest, a lot of my more recent reading has been in fiction and memoir (two genres I've been trying to get back into writing.) Books I've loved most recently include David Vann's *Aquarium*, Neal Schusterman's *Challenger Deep*, Maggie Nelson's *The Argonauts*, Claudia Rankine's *Citizen*, Benjamin Alire Saenz's *Aristotle and Dante Discover the Secrets of the Universe*, and Thomas Page McBee's *Man Alive*. This is off the top of my head, but poetry books that have become and remained favorites include Sherman Alexie's *One Stick Song*, Toi Derricotte's *The Undertaker's Daughter*, Ilya Kaminsky's *Dancing in Odyssa*, Aracelis Girmay's *Teeth*, Rachel McKibbens's *Pink Elephant*, and multiple works by Naomi Shihab Nye.

JL: Is there a particular stanza or excerpt that has stayed with you over the years? That has continually inspired you or remained true to you?

FC: There are several, both old and new. One is from a very old madrigal we sang in high school choir, of all places, "Since First I Saw Your Face": "Where beauty moves and wit delights and signs of kindness bind me, there, oh there, where'ere I go, I leave my heart behind me." Another is from a poem, to my knowledge unpublished, by Angel Nafis: "It's okay to love everything so much that you feel like a practical joke."

###

Poems by Fiona Chamness

The Marianas Trench Knows Nothing Of Your Pain,

I am sorry to report, though she says
she tried her hardest. She crushed ten thousand
submarines, crunched them like pistachios, unhinged
the suits and guts looking everywhere
for your pain, but there was never anything
like it. She kept asking me questions, like I hadn't
described your pain well enough. It's not
that there's no pain bigger, or fear -
maybe there is. No one will ever be able to tell you.
She seethes, as close to rock bottom
as it's possible to get, she busts out hot red corals
and fish with bare bulbs for faces and she's terrifying,
her heart shot through with blood
and rock; she could eat your body,
layer by layer, squeezing and pressing you
like a lemon in a juicer, and the small,
hard seed that is your pain would slip whole
from her teeth, stay locked
and unexploded in your ever-fraying pith.
She says she wishes she could help you.
She sounded a little haggard on the phone. I'm sorry.
Your pain is just big, and there's nothing
she can do to make it small.

The Ghost In The Phone

The ghost in the phone outlives its battery,
the make and model. In high school
it rattled and blew up the spot, hard breath
tamped down in a corner between two walls –
someone missing in the woods, in the hospital,
someone driving without a license, stuck

at a party. Someone's mother looking
for someone and finding her nowhere.
The ghost flitted from one box
to another, a gray reminder we made
with our breath. We filled the phones
until they shook with ectoplasm, cracked them

against the back walls of lockers
or dropped them in the unspeakable bathrooms
where someone chewed a pen until it gushed
his tongue the color of the sea floor,
or carved the stall door with a key,
or mumbled past the point of weeping

into the little microphone, which buzzed
like a tin paratrooper into the water.
Ghosts in the laundry and the morning alarm.
The phone plugged in all night, left on
by the ear, for what. You have to get new phones
because after a while the ghost eats

everything that's left, has to slip
into a new casing, zigzag back and forth,
activate and reactivate. Zombie phones.
Phones of the enemy. Numbers we know
will never call again light up, suddenly,
along our eerie, glowing list of secret names.

The Last Witch

The last witch made the milk go sour. There was
a little wooden peg she used to draw it off
the cows and cost the neighbors milk and dinner.
An educated woman, the last witch sits on black
ground in a low cell waiting to be burned. You can salt
the earth with the ashes of the last witch.
You can squeeze her eyes to cure the common cold.
The cell is boring. Such a boring century: wooden pins,
being burned, and no way to get to grad school.
The last witch reels her eyes halfheartedly back
in her head and dreams of other worlds. She sees
herself poised in a top-floor apartment in a grimed,
glowing metropolis, eating spoonful after spoonful
of peanut butter from a big plastic jar. At the trial,
she'll confess to everything, cows and chickens, also
to making the horse that carried her to jail sweat blood
at the crest of the last hill before town. They'll name
the hill after the horse and its bleeding. The last witch
will appear on two or three amateur websites
as a genealogical fun fact. In her predawn visions,
she expands the graphic palette, chooses better fonts,
takes her tea with honey and a little pepper. Tourists
will visit the hovel she's crouched in now. She marks
their faces in a black book in her head. She picks the eyes
in which she will cross the ocean and look
on Ellis Island, the mouth that will speak her through
the next millenium on its white, unbroken teeth.
The last witch, when they burn her, will not know
she is the final visitor to the binding-pole,
the last recipient of the torch. She will be thinking
of a library ten times the size of the courthouse. Her skin
will foam and rise like simmered cream. Her fingernails
will peel away and point in new directions,
an impossible compass, until there is nothing left
in the square but the hard blood smell of her life,
which could power a high-rise for a year, or feed
an army of women, breath by breath.

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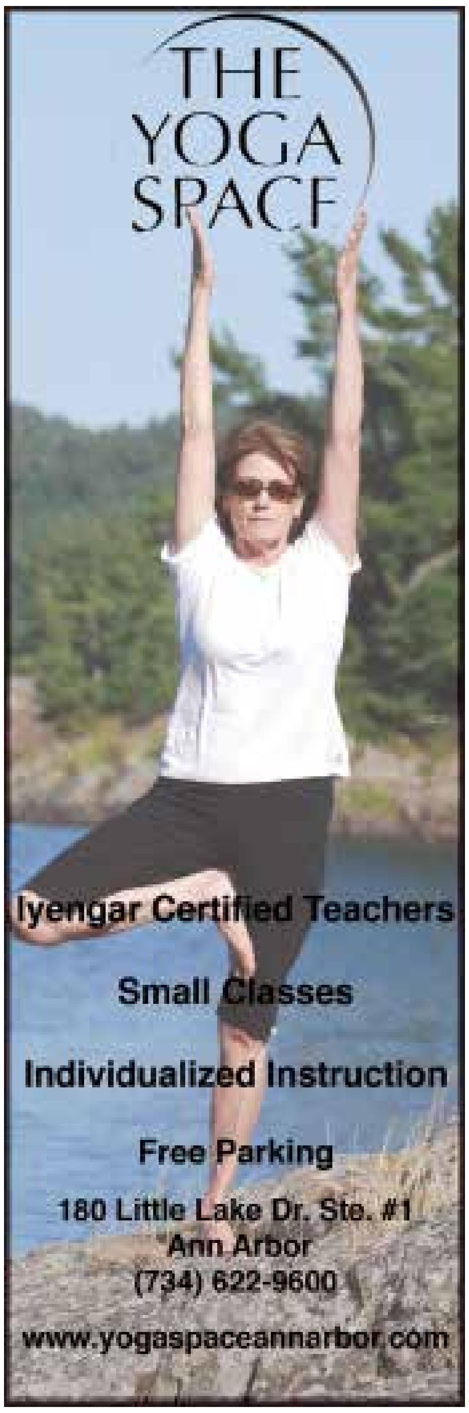

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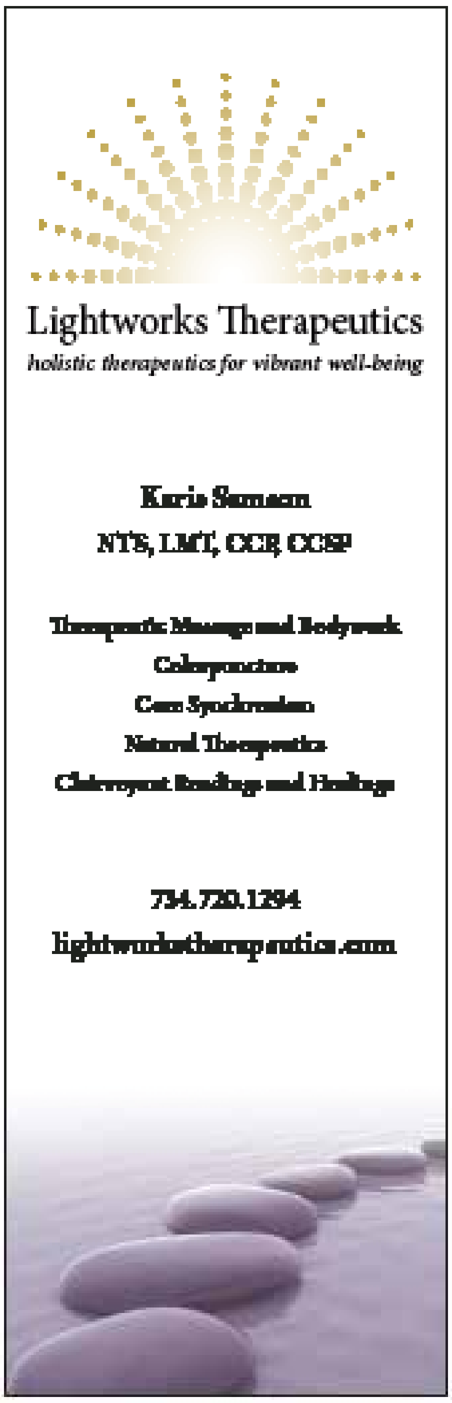

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What's New in the Community

By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Robin Hills Farm

The team is in "build mode," and the next major project is building the nature trail for hiking and biking. An agro-tourism ordinance passed in Chelsea in early November, and the team hopes to get the final site plan approved by the start of 2016. (See article on page 32)

Ben Wielechowski of Robin Hills Farm

Photos of Ben Wielechowski by Joni Strickfaden

New Offerings by Established Businesses and Practitioners

Local doulas Cynthia Gabriel and Catherine Fischer have started a new Mother Baby group in Ann Arbor for new and expectant moms. The group meets at the Great Oak Cohousing Common House on Little Lake Drive, and starting in January, will meet on Mondays from 10 to 11:30 a.m. Gabriel and Fischer facilitate discussions on a different topic each week: birth stories, the unexpected emotions of motherhood, sex after having a baby, postpartum bodies, sleep, infant feeding, negotiating changed relationships, and building a support system. The goal of the group is to provide an opportunity for new mothers to make friends and share understanding and support to enhance their confidence and help them enjoy parenting more. The group is ongoing and women may join at any time.

> Local doulas Cynthia Gabriel and Catherine Fischer started a new Mother Baby group in Ann Arbor for new and expectant moms. "There are as many different ways to parent as there are parents," Gabriel said, describing the group as a "non-judgement group."

Noting that she attended several Mother Baby groups when she was a new mom in New York City, Gabriel said that there are other similar groups in the area, but, she said, "the more, the merrier." Both women have extensive backgrounds. Gabriel has written a book about natural hospital birth and has studied birth not only in the United States but also in Russia, Canada, and Brazil. Fischer spent years as a postpartum doula before also becoming a birth doula; she also helps moms with breastfeeding. Both have years of experience as support-group leaders, doulas, educators, and mothers.

Gabriel emphasized that while there are lots of competing philosophies about best parenting practices, she and Fischer believe in supporting what works for the individual mother and child, not preaching particular parenting choices. "There are as many different ways to parent as there are parents," she said, and added that this is a "non-judgement group."

The cost for participating in the group is $10 to drop in, or $56 for 8 meetings. There is a Facebook group where participants can confirm the group meetings and topics for each week at www.facebook.com/groups/697063093771680/. Catherine Fischer can be reached at catherine@supportforgrowingfamilies.com or (734) 395-5244. Cynthia Gabriel can be reached at motherearthbirth@yahoo.com. The Great Oak Cohousing Common House is located at 500 Little Lake Drive, Ann Arbor, MI 48103.

Sahaja Yoga Meditation is a meditation technique and movement founded by Shri Mataji Nirmala Devi, who taught that meditation should be taught free of charge, and "knowledge should be paid forward, not back." Vic Divecha, a local teacher of the technique, recently introduced a "digital badge"-based learning program, which allows learners to "personalize their learning and get recognition for their rich learning experiences outside the confines of the classroom walls." He described the digital badges as an alternative to certificates. "So much in meditation happens spontaneously, in one-on-one and informal settings," he said, and with the digital badges, learners can earn them by demonstrating knowledge they learned

> Vic Divecha, a local teacher of Sahaja Yoga Meditation, recently introduced a "digital badge"-based learning program, which allows learners to "personalize their learning and get recognition for their rich learning experiences outside the confines of the classroom walls."

Shri Mataji Nirmala Devi

from peers, instructors, online resources, or the community. The badges can be displayed on a website or just used privately for a student to track his or her own progress. Divecha said that the badges can help clarify where a student is and what to work on next, especially for "busy working professionals who don't always have the bandwidth to think, 'Where am I and what's next?'" He said that the badges have created excitement for learners who are eager to earn their next badge.

Information about free local Sahaja Yoga Meditation meetings is available at http://Meetup.meditatewith.us and at www.facebook.com/AnnArborMeditation. Vic Divecha can be reached by email at vic@meditatewith.us.

Debra Clark

A2GetFit is a women-only fitness studio offering group fitness classes and one-on-one training sessions. The studio is located in personal trainer Debra Clark's home. Last year, Clark added a comprehensive set of nutrition services to the studio's options, headed up by nutritionist Kelly Sager.

The TakeDown Challenge is a 28-day kickstart program that A2GetFit offers three times per year — in January, May, and September. Participants receive a food journal, menus, recipes, and shopping lists. "Everything is laid out for you," said Clark, including what to eat, how to make the recipes, and when to eat. Weekly weigh-ins and food journal checks help keep everyone on track. The women receive support in person and online, not only from Clark and Sager, but from each other. "It's very community-oriented," said Clark.

> A2GetFit, a women-only fitness studio, added a comprehensive nutrition program to their offerings last year, headed up by nutritionist Kelly Sager.

Results so far have been consistently positive. The average weight loss for one 28-day challenge has been 8 to 13 pounds, and women who have done multiple challenges have lost 35, 50, and, for one woman, over 70 pounds.

A second program, the TakeDown Lifestyle, is an eight-week personalized program which goes more in-depth. "At the end of the eight weeks, you're going to know how to eat for the rest of your life," said Clark. This program is available year-round. Clients meet one-on-one with Sager 6 times for support, and to be accountable for their lifestyle modification. They receive a binder full of information, a food diary, recipes and instructions, and continual email support.

Clark and Sager also offer a corporate wellness program they can tailor to help groups of people improve their eating habits.

The studio has partnered with Wildtree Organics, a company that offers all natural, peanut-free cooking products (like spices, flavor-infused oils, and more) with no dyes, fillers, MSG, GMOs, or preservatives. A2GetFit offers tastings and workshops with Wildtree products, where clients can assemble complete meals from meat, fish, poultry, spices, and vegetables, and then store the meals in a freezer bag to take home, freeze, and eat at any time.

They have also partnered with Local Grown Harvest, a farm in Milan, Michigan, to offer fresh produce, meat, and eggs grown without pesticides, growth hormones, or GMOs. The farm can offer produce year-round because of its indoor aquaponics system, which fertilizes plants with the waste from organically-fed koi fish, and hydrates the plants with the water the koi swim in. Local Grown Harvest delivers to A2GetFit weekly, and women can pick up their orders when they come in for their group workouts or personal training sessions.

Clark explained that A2GetFit's "all-in-one" approach to fitness and nutrition is unique to the area, and has helped her clients achieve great results.

A2GetFit is online at www.a2getfit.com. Debra Clark can be reached by email at Debra@a2getfit.com or by phone at (734) 395-0771.

The Nutritional Healing Center of Ann Arbor has several pieces of news. First, founder Dr. Darren Schmidt, D.C., has designed a new line of nutrition bars called Good Fat Bars. Based on the idea that American diets are deficient in good, healthy fats (such as fish oil, extra virgin olive oil, and avocados) while being overloaded with sugar, Good Fat Bars meet a need in the nutrition bar industry that has not been recognized, Dr. Schmidt said. "Even the protein bars are full of sugar," he said, and there are no bars on the market that provide significant amounts of healthy fats. Good Fat Bars provide 9 grams of good fat, 4 grams of protein, and just 3 grams of carbohydrates. The bars contain no sugar and are flavored with essential oils. They are available in cinnamon, cocoa-almond, and lemon-ginger-turmeric flavors. Dr. Schmidt said that healthy fats help improve long-term endurance, calmness, and physical strength, and nourish our body systems and tissues: hormonal systems, the brain and nervous system, breast tissues, eyes, and cell membranes. Good Fat Bars keep blood sugar stable and keep the appetite down for hours. Recently, Dr. Schmidt said he went over 8 hours eating 3 bars (just over 300 calories) and a slice of pizza and did not feel hungry or low on energy. The Good Fat Bars are currently available at the Nutritional Healing Center and will soon be available on Amazon and in stores. Dr. Schmidt would soon like to be able to distribute the bars nationally.

> Dr. Darren Schmidt, D.C., of the Nutritional Healing Center of Ann Arbor, has designed a new line of nutrition bars called Good Fat Bars. NHCAA is also welcoming a new team member, registered dietician Nick Pomante.

NHCAA is also welcoming a new team member, registered dietician Nick Pomante, who works with both corporate wellness programs and individual clients for the Center. Dr. Schmidt said he hired Pomante because he is "exceptional at what he does," and because he takes a customized approach to nutrition rather than pushing a one-size-fits-all program. Pomante recently graduated from Eastern Michigan University. He said that he helps people with the "how" part of improving their diets.

Continued on page 28

A Goodbye, and Thanks!

After 22 years in operation, and having trained well over a thousand massage therapists, the Ann Arbor Institute of Massage Therapy is closing its doors. Founder Jocelyn Granger explained that enrollment has become critically low, which she attributed to two industry factors. The first is that Michigan's recent massage therapy licensure law requires only 500 hours of instruction for new therapists; AAIMT offered 800 and 910-hour programs that were clinically based and very comprehensive. The second is the recent explosion of corporate massage chains, which tend to pay therapists only about $15 per massage. These factors mean that fewer people are going into the industry, and many new massage therapists don't want to invest as much time and money into education. Granger founded the AAIMT in part because she wanted to help create high standards and improve the quality of massage therapy education in Michigan, and she fears that these recent developments have harmed the profession. As an example, she noted a new massage therapist she met recently who mentioned she had never been taught in her training about using proper posture. Therapists who do not use good form and posture tend to injure themselves and burn out quickly, Granger explained.

Granger's is not the only large school to close down recently. She said that one of the country's largest schools shut down last summer. Granger and her teaching partner, David Van Eck, are not done yet, however. They will offer a mentoring program for newly licensed massage therapists in which they will provide guidance in areas such as technique, preparing and changing treatment plans for individual clients, practicing better posture to help prevent injury, and creating rapport with clients. Granger will take on a few more personal clients, which is something she said she loves to do. The low-cost student clinic will remain open — both providing a service to the community and allowing mentored therapists a place to practice. They have been approached and are working toward helping other massage schools improve their teaching and curriculum. "I feel fired up to do it," said Granger of her plans.

Jocelyn Granger and the Ann Arbor Institute of Massage Therapy have made a significant contribution to the holistic community in southeastern Michigan. They have capably trained so many massage therapists, and done it with integrity and a high ethical standard. Many of those licensed massage therapists are actively helping clients to lower their stress levels and to relax, and many have also then gone on to learn and integrate other body/mind and healing modalities. This is a real loss. We will miss having AAIMT in town!

Jocelyn Granger can be reached by phone at (734) 677-4430 or by email at info@aaimt.edu.

Jocelyn Granger

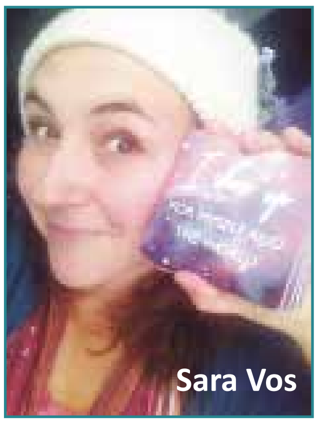
What's New in the Community

Continued from page 27

Finally, NHCAA received three awards and was a runner-up for a fourth in 2015. The Center was named Best Alternative Health Care in Washtenaw County in *Current Magazine's* Reader's Choice Awards. Dr. Joel Vickers won the Ann Arbor Family Favorites Award for Best Chiropractor, and the Center was named a runner-up for Best Allergist in the same contest. Dr. Schmidt's chiropractic practice has also been awarded as a top practice by Opencare.com.

The Nutritional Healing Center of Ann Arbor is located at 3610 West Liberty Road, Ann Arbor, MI 48103. The website is www.thenutritionalhealingcenter.com. The Center can be reached by phone at (734)302-7575 or by email at frontdesk@thenhcaa.com.

> Sara Vos, writer, editor, and coach, is shifting her professional focus to helping holistic and spiritual entrepreneurs grow their businesses, create content, and reach more people.



Sara Vos

Sara Vos is a writer, editor, and coach who, through launching Vos Holistic Services, L.L.C., is shifting her professional focus to helping holistic and spiritual entrepreneurs grow their businesses, create content, and reach more people. Working as a writer and editor for the last ten years, Vos had previously focused on academia, but recognized a need for what she does in the holistic and spiritual community. For the past nine months she has shifted to working with local people and businesses which, she said, are the "change-makers." In addition to blogging, writing copy, and editing, Vos has recently started offering social media management and publicity and event planning for practitioners. She described her approach as "collaborative," and also talked about creating and improving connections between practitioners to "create a feedback loop" of growth. To that end, Vos is also co-producing a weekly networking and healing meeting in Plymouth with life coach Barbra White, owner of Accepted As I Am Center. Beginning January 6, Vos and White will host the meeting every Wednesday at 7 p.m. for "healers and leaders" in the community to connect and "create a powerful vortex of healing."

Sara Vos is online at www.saravoswrites.com. She can be reached by phone at (470) 777-2065 or by email at saravoswrites@gmail.com.

Master Kim

Sun Shen School of Spiritual Development recently moved from downtown to a new location near Trader Joe's. Members of the school are completing the buildout of the new school, which is slated to be 100 percent complete by January. Since the space is over three times larger than the previous school, Sun Shen has been able to expand its offerings. For the first time, Sun Shen's founder, Master Sang Kim, is teaching the entire Sun Shen system of self-healing and energy cultivation, which he inherited from his teacher, Master Gabriel Chin. This is a high-intensity, in-depth class with five hours of class time each week. Students learn healing and energy cultivation, Tai Chi, physical manipulation, and counseling to resolve physical, emotional, and spiritual issues for self and others. The class is for both personal growth and professional certification, and is taught in a modular form, accepting new students every four weeks.

> Sun Shen School of Spiritual Development recently moved from downtown to a new location near Trader Joe's.

Class offerings have expanded to include three evening Tai Chi classes in addition to Sun Shen's ongoing five-days-per-week morning classes, and the school has added a weekly open house from 5:30 to 7:30 p.m. on Fridays, when members of the community come in, practice Tai Chi or bodywork, eat together, and just hang out. This helps fulfill the school's mission of "mysticism for the modern world," by creating a community of fellowship and support in otherwise busy lives.

Master Kim and his students have also been able to implement a dream of Master Chin's — the Chi Clinic. This is a way of offering energy and healing support for people, five days a week for one hour. This is facilitated by Master Kim's senior healing students, Alexis Neuhaus and Joanna Myers. They, along with participants in the clinic, both send and receive healing energy during the designated time. This is offered remotely Monday through Friday so that people anywhere in the world can receive and add to the energy, since energy is not limited by distance, explained Neuhaus. On Monday, Tuesday, and Wednesday, the Clinic is also offered in person, so people who prefer to come into the school to participate may do so. The Clinic is offered during the day, but people who work or have other responsibilities at those times can still participate..

Participants receive a text when the Clinic begins so that they may connect with the energy. They may lie down and focus on receiving healing, or they may just go about their lives and still benefit. Neuhaus said that he always feels better after the Clinic, since he is receiving energy as well as sending it. He has heard great results from participants with chronic pain or health problems who have improved, as well as from people who have just wanted more energy and to "feel more alive."

More information about Sun Shen is available at www.sunshen.org. The school is located at 2466 East Stadium Boulevard, Ann Arbor, MI 48104. Questions can be directed to info@sunshen.org or (734) 845-9786.

Dayatra West

The Brain Center division of the Natural Balance Wellness Medical Center opened in 2013, and uses brainwave optimization to help clients with a variety of issues. Dayatra West, the Brain Center's manager and lead technologist, holds a degree in psychology and is certified by Brain State Technologies. Brainwave optimization involves placing sensors on the head that pick up brainwaves. Software "translates" the brainwaves into sound, which is played for the person undergoing optimization. This allows the brain to "autocallibrate,"self-correcting imbalances and often resulting, West explained, in better sleep, reduced stress, improved mental clarity, better mood, and even improved relationships.

> "It's cutting-edge technology, it's safe, it's non-invasive, and it has a 90 percent success rate,"
> — Dayatra West, manager and lead technologist at the Brain Center

West said that she has worked with clients from ages 4 to 85. She has seen children for focus issues and ADD/ADHD symptoms, some of whom are on medication or have been told they should be. The treatment has been very successful in helping them get off medication, she said. Adults come in for stress, anxiety, and depression, as well as sleep problems. Older clients have come in for "brain fog," poor sleep, and balance and memory problems. West said, "If you don't want to be on medication or experience invasive therapies, this is a great fit." She added, "It's cutting-edge technology, it's safe, it's non-invasive, and it has a 90-percent success rate."

West explained that clients start with an assessment, which takes about an hour and a half to collect data. The assessment is then analyzed by the computer and the technologist to ensure that brainwave optimization would be a good fit. The client then receives a program to follow. After the assessment, the client undergoes 10 daily 45 to 90 minute sessions, followed by a 6-week healing integration program. After this, occasional sessions can be done for maintenance. Most of her clients, said West, have reported immediately better sleep, better focus, and improvement in personal relationships as well as progress on the issues they came in for. "The brain does all the work," she explained, "finding a balance that works best for the individual at its own pace." She also said that this technique is "much faster than traditional neurofeedback techniques" in that people tend to feel better much faster.

The Brain Center (part of the Natural Balance Wellness Medical Center) is located at 1310 South Main Street, Ann Arbor, MI 48104. Dayatra West can be reached by email at Day@nbwellness.com or by phone at (734) 716-7656. More information is available online at www.nbwellness.com. (See Ad on Page 61.)

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Becoming Magnificent with Barbra White

It is October 24, 2015 and I am participating in Barbra White's "Love and Intimacy one day retreat" at Body Energy Fitness in Woodhaven, MI. I had already noticed shifts, both subtle and not-so-subtle, starting to occur the evening before the workshop was scheduled to take place. This was a signal that potent transformation had already been set into motion.

> *Your authentic self is uncovered through self-love, feeling your emotions, and expressing the writing Creation has written on your heart…*
> — Excerpt from *Finding the One*, by Barbra White, (soon to be published by Balboa Press)

As the retreat unfolded, participants sank deeper and deeper into presence and grounded self-awareness. I had the honor and opportunity to bear witness to both laughter and tears, and (to my temporary chagrin) be witnessed as I shed some tears of my own. The most important message I took away from this six-hour retreat is the reminder, again, that "your soul is bigger than anything you will experience." Accepting this truth and incorporating it into intimate relationships can ignite miracles to unfold, allowing lovers, friends, and family members to meet each other with love instead of fear. Hear, hear.

***

It is November 7, 2015 and I am in the middle of the Maybury State Park woods with Barbra and a crew of her devoted followers. Although we are supposed to be celebrating Ms. White's birthday, we are being guided through a walking meditation to tap into our highest selves and "listen for what is seeking to express through us." For Barbra, playing a part in guiding people into their highest and most purposeful authentic expression ***is*** the gift she has asked to receive on her birthday, and is now receiving abundantly. Participants share vulnerably and powerfully, witnessing each other's growth, release, and vows.

***

Healers, leaders, and visionary change-agents from all around southeastern Michigan have been taking Barbra White's self-acceptance trainings for over a decade. The premise of her body of work is that the love we shower on ourselves powerfully affects our capacity to serve others. Of course this seems like a no-brainer to our logical minds, but as any devotee of a spiritual path knows, is a different story in practice.

If, like me, you feel that we are here to help the planet shift, grow, and evolve, we need to "let there be peace on Earth, and let it begin with me." As holistic practitioners, healers, teachers, writers, etc., our service is amplified when we transmute those unhealed parts within us in need of spiritual alchemy. This is the basic premise of the self-acceptance process as I understand it today. Any person who has ever been in love also knows that all of our past "work" on ourselves has the potential to fly right out the window when it comes to love, sex, and romantic relationships.

Now, Valentine's Day 2016 is right around the corner, and with it comes the arrival of Ms. White's newest memoir-slash-spiritual guidebook, "Finding the One." What is unique about this book is the voice of a spiritual teacher boldly sharing the messiness of entanglement and unique mirroring that relationship provides. Through Ms. White's failures and successes, we get to learn a little bit more about what it means to be "consciously loving" in the 21st century.

Each chapter is designed to be a self-love and self-acceptance lesson fully contained within itself, so it is not so much that we watch the story arc evolve, but instead that we evolve personally through the process of reading the stories. She applies spiritual and self-acceptance principles to her mistakes, which allow us, as the reader, insight into red flags and self-defeating behaviors of which many of us are likely unconscious.

Isn't it lovely to be a part of a paradigm shift that takes millenial women from "Sex and the City" to "Spirituality AND Sex in the City?" Barbra's unique voice has a way of distilling these truths in gentle, affirming ways that motivate readers to sustain positive change. I, for one, am looking forward to spending my Valentine's Day curled up with her new book, some hot tea, and a mirror to take myself through the self-acceptance processes outlined in the book…

Or maybe I'll be furiously rewriting my OkCupid profile instead of looking within. Either way, I'm grateful that a familiar local voice is now trumpeting a new version of an old charge, updated and revised for the 21st-century-holistic miracle-mindset crowd. It is refreshing to be reminded that to love yourself is to love a part of God. It is through the compass of our self-love that we will be ready and willing to navigate the partnership, romance, and sex that we crave, desire, and deserve.

Here's to hoping that ALL of us experience radically healthy intimate relationships this season of love and renewal, and beyond!

Barbra White is an intuitive, life coach and community builder. She is the creator of the Self-Acceptance Process, and has a Masters in Transpersonal Psychology from Naropa University, and a Diploma of Homeopathy. She can be reached at leaphealing@sbcglobal.net and 734-455-1438. Her website is: AcceptedAsIAm.com.

— Sara Vos

CELEBRATE LIFE – BE HAPPY

SUNDAYS with GELEK RIMPOCHE
ALL WELCOME – Starting Feb 7
Free 11am weekly talks by Gelek Rimpoche at Jewel Heart in Ann Arbor and via Webinar
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SAVE THE DATE - May 7
HIS HOLINESS the DRIKUNG KYABGON CHETSANG
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MEDITATION WEEKEND at Camp Dainava in Manchester
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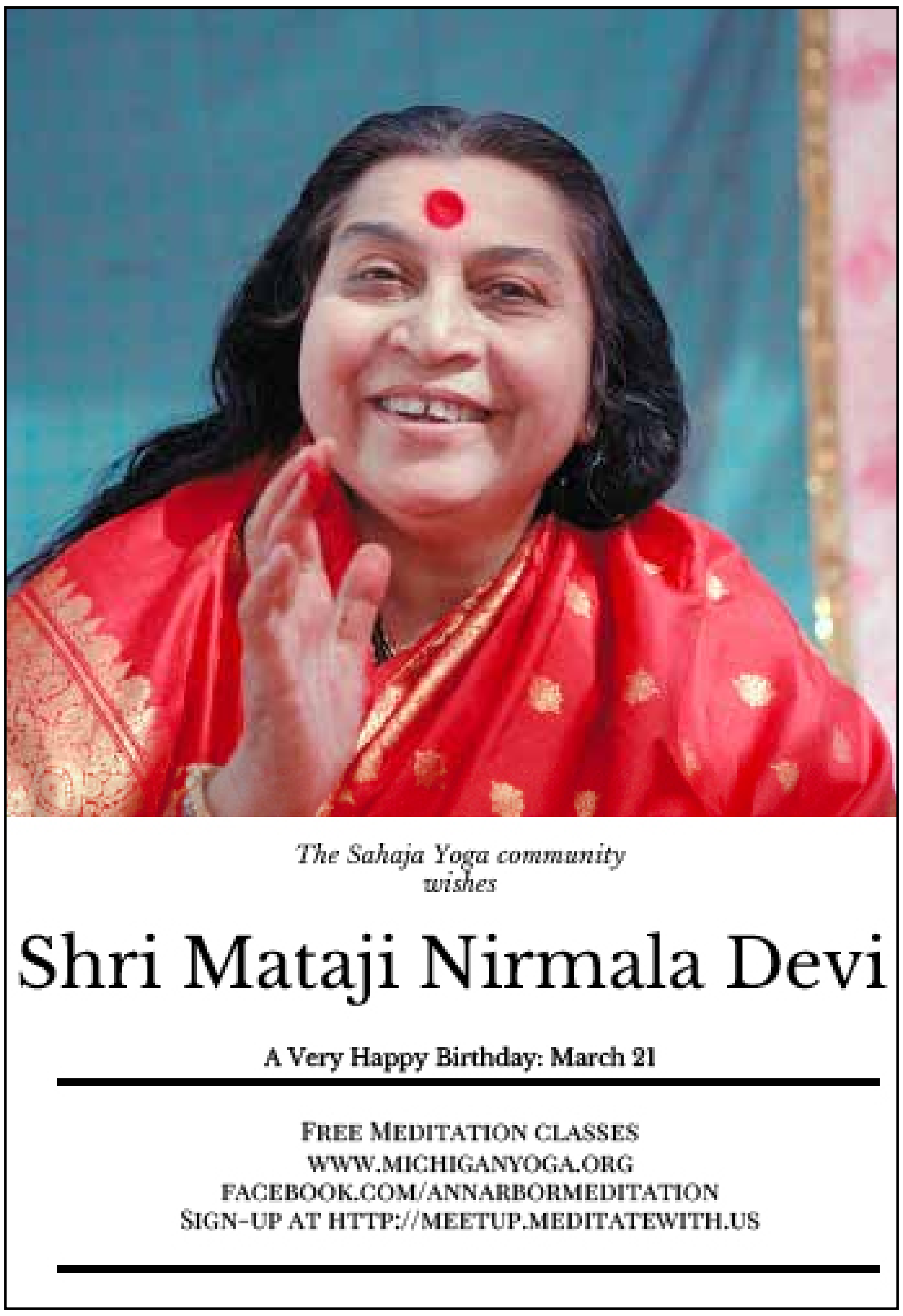
The Sahaja Yoga community wishes

Shri Mataji Nirmala Devi

A Very Happy Birthday: March 21

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What's New in the Community

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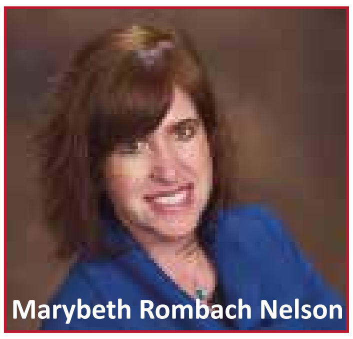
New Books by Area Authors

Local author, Reiki Master, and intuitive reader Marybeth Rombach Nelson published her first children's book, *An Irish Wish*, in August 2015.



Marybeth Rombach Nelson

Local author, Reiki Master, and intuitive reader Marybeth Rombach Nelson published her first children's book, *An Irish Wish*, in August 2015. Nelson previously wrote books for adults on self-help and supernatural topics. A recent situation involving her high school-aged son, who helped a fellow student who was being bullied, inspired her to write a book for children encouraging acceptance. She set the book in Kilkenny, Ireland, where her great-grandmother was born and raised. In the story, Bridget, the Irish fairy, makes friends with other magical creatures from different parts of the world while exploring the beautiful Irish castles and countryside. Illustrations by Nelson's daughter, Barbara Ann Garza, and photographs of Ireland from her grandfather, Dan Nelson, adorn the pages of the book, which, Nelson said, is written at about a third-grade level and can be read to younger children. The story's main idea, she said, is "together we can make magic happen all across the world."

Nelson does regular intuitive readings in the Crazy Wisdom Tea Room and will schedule a book reading and signing there sometime in 2016; details will be announced on her website.

Marybeth Rombach Nelson can be reached by email at Marybeth@spiritualintuitivemb.com or by phone at (734) 560-0355. Her website is www.spiritualintuitivemb.com.

Diana Burney's second book, *Spiritual Balancing*, will be released in February. The book, Burney explained, is focused on "helping people become spiritually self-empowered."

Diana Burney

Local author and spiritual practitioner Diana Burney's second book, *Spiritual Balancing*, will be released on February 16 (North Atlantic Books). The book, Burney explained, is focused on "helping people become spiritually self-empowered." Since December 12, 2012, "new energies have come into the planet," Burney explained, causing many people to experience what she calls "ascension symptoms." "Ascension is an expansion process where all humanity begins to integrate the new and higher ways of living with the new energies available on the planet," she continued. Symptoms people experience can range from stress, anxiety, confusion, and fatigue, to physical issues, like aches and pains, headaches, trouble sleeping, and asthma or flu-like symptoms. "We can't make change without feeling uncomfortable," said Burney, explaining that raised vibrations lead to surfacing of suppressed and repressed emotions and issues, which can cause distress. *Spiritual Balancing* gives techniques to ground and balance energies and emotions, helping people adjust to new raised vibrations. It also assures people that "everybody's going through the same thing," and "everyone is exactly where they are supposed to be, even if they are uncomfortable."

Burney will do a book event in the Crazy Wisdom Tea Room on Wednesday, April 6 at 7 p.m. She will discuss ideas on spiritual protection, how to increase vibrations, and how to "get rid of negative energy." She will also answer questions.

Diana Burney can be reached by phone at (734) 786-6588 or by email at earthrelease@msn.com. She welcomes correspondence at PO Box 130319, Ann Arbor, MI 48113. The website for the book is www.spiritual-balancing.com.

Eve Wilson, a local healer and Reiki Master, is publishing *Riding the Wave of Change —Hope, Healing and Spiritual Growth for Our World* (Balboa Press). The book will be released in early 2016 (date to be announced). Wilson has written many articles and materials for classes she teaches, but this is the first book she will have published for the general public. The book is about the "positive aspects of change in our world and the purposeful side of the challenges we are facing," she said. She explained that people, animals, and the planet are going through a process of ascension, and that despite the scary things happening, "this is not the end of the world; this is the beginning of something marvelous and necessary to let go of where we are and get to where we're going." Packed with art, visions, stories, case histories, and healing tools, the book "helps people understand why the world is the way it is," and that "it's all purposeful; it will all be healed." Wilson noted, "Every death precedes a rebirth." The book gives tools to help ride the waves of change in these challenging times.

Eve Wilson

More information about Eve Wilson and her world is available at www.spiritualhealers.com. The release date for Riding the Wave of Change *will be announced there. She can be reached by phone at (734) 780-7635 or by email at evew@spiritualhealers.com.*

Eve Wilson, a local healer and Reiki Master, is publishing *Riding the Wave of Change — Hope, Healing and Spiritual Growth for Our World*. The book is about the "positive aspects of change in our world and the purposeful side of the challenges we are facing."

Upcoming Events

Since Amy Garber co-founded Intuitives Interactive in 2012, the group and its signature event, the bi-annual Holistic Psychic Fair, have grown and thrived beyond her expectations. The first fair, held in June 2013, featured just 10 practitioners (readers and bodyworkers) and attracted around 70 attendees. The turnout was better than expected, and the event had to be extended by an hour, said Garber. "We hadn't realized that people would want more than one reading." The most recent fair, on October 17, featured 28 readers, 16 bodyworkers, 32 product vendors, and additional food vendors. Between 50 and 60 volunteers helped the event move smoothly, and around 300 attendees showed up — down from the fairs' now-usual crowd of 400 to 800, due to a home football game. Garber said she has been blessed to attract a leadership team, including Christina DePugh, associate director, and Sally Bolgos, volunteer coordinator.

Since Amy Garber co-founded Intuitives Interactive in 2012, the group and its signature event, the bi-annual Holistic Psychic Fair, have grown and thrived beyond her expectations.

"We've had to become more professional little by little" as the fair has grown, said Garber. She attributes the fair's success to the fact that it fulfills a need in the community. "People are looking for answers," she said, and there had been no large psychic fairs in the area since the early 2000s.

Continuing the pattern of growth, Garber said the 2016 fairs will be two-day events (previous fairs have been held for one day). This has necessitated a change in venue, from Washtenaw Community College's Morris Lawrence Building, to Eastern Michigan University's Student Center. The larger building will present more opportunities as well. It contains a 250-seat auditorium, which will be used for presentations — like the mediumship gallery reading, an event where a psychic medium delivers messages from passed-on loved ones to audience members. This event has filled up quickly at previous fairs and people have been turned away; Garber said that with the larger capacity, Intuitives Interactive will be able to attract bigger-name mediums.

The fair will be held on June 4 and 5, and October 8 and 9 in 2016. Details are available at www.intuitivesinteractive.com. Amy Garber can be reached by email at metafizzy@gmail.com or by phone at (734) 358-0218.

On April 21, the eve of Earth Day, five Ann Arbor environment and nature-focused nonprofit organizations will partner with the U-M School of Natural Resources and Environment to bring the Wild and Scenic Film Festival to the Michigan Theater. The Ecology Center, Huron River Watershed Council, Legacy Land

Continued on page 32

TIMELESS LESSONS, PRACTICAL STRATEGIES

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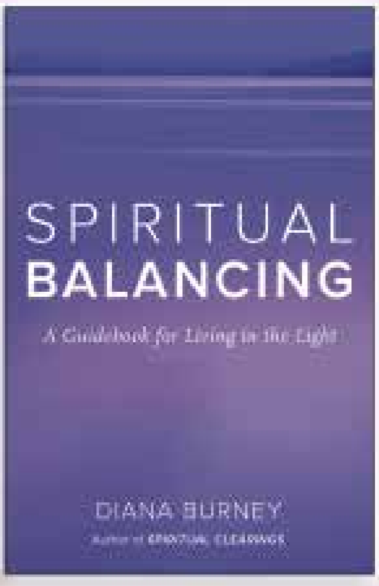
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DIANA BURNEY is a registered nurse, certified hypnotherapist, and ordained minister of the Order of Melchizedek from the Sanctuary of the Beloved in Conesus, New York. She is also a certified Reiki Master/Teacher as well as a Magnified Healing Practitioner.

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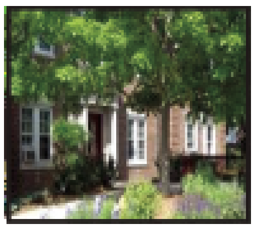

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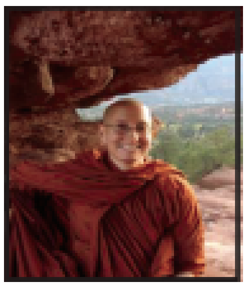

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What's New in the Community

Continued from page 30

Conservancy, The Stewardship Network, and Leslie Science and Nature Center are collaborating on the project with the mission of "creating a healthier environment by working together." Each organization recognizes that by combining their efforts, they can make a more significant impact, and this film festival is one way they can inspire people to get involved in enjoying and protecting nature.

On April 21, the eve of Earth Day, five Ann Arbor environment and nature-focused nonprofit organizations will partner with the U-M School of Natural Resources and Environment to bring the Wild and Scenic Film Festival to the Michigan Theater.

Susan Lackey of the Legacy Land Conservancy explained that, each year, the main Wild and Scenic Film Festival is put together by the South Yuba River Citizens League (SYRCL), and it is the largest festival of its kind. This year, the main festival will take place January 14 to 18 in Nevada City, California. A large number of films will debut, and the films will be made available to select conservation organizations. For the Ann Arbor event, each organization will choose one of the films (usually 10 to 40 minutes long) that best represents the current focus of that organization. Each organization will also give a brief presentation on its current initiatives that film-festival goers can get involved in. Of previous films, Lackey said, "Some of them made you cry because they were sad; some of them made you cry because they were so beautiful, and some, because it's nature, could be really funny, too."

The idea of the festival is to inspire people to get outside, experience nature, and get involved in conservancy. Susan Westhoff, Director of the Leslie Science and Nature Center, wrote of the event:

> Motivation to take on the world's most pressing environmental challenges often stems from a personal connection to nature and the resources involved. Through the Wild and Scenic Film Festival, we will present several short films that will inspire festival goers to get outdoors, appreciate the natural wonders in our local and greater environment, and work toward finding common ground and collaborative solutions for environmental problems.

Details on tickets, times, and films to be shown will be available as they are decided at aawildscenicfilmfest.wordpress.com. Contact information for the various organizations is available at the website, and questions can be directed to aawildscenicfilmfest@gmail.com.

New Practitioners and Businesses

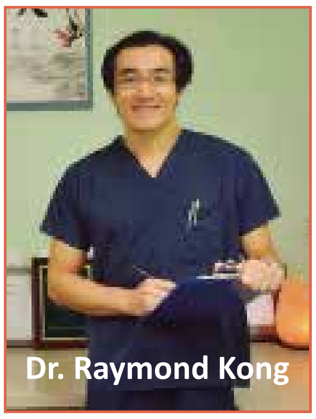
Robin Hills Farm, located in Chelsea, Michigan, is an organic eco-destination farm on 128 acres. Currently, the farm offers a Community Supported Agriculture (CSA) program, which provides local members with fresh produce, ongoing classes, and weekly tours on Wednesdays. The farm is not yet fully open to the public, but the staff is making progress on the ambitious vision, which includes a fully operational farm, trails for hiking and biking and spaces for fishing; a special-event facility; a main building housing a café and a retail/produce store; gardens; hoop houses; an herb labyrinth; a pasture for grazing sheep; and a fully automated glass greenhouse, which will contain a commercial aquaponics system to provide fresh produce year-round. The farm also hopes to showcase renewable energy sources and modern architectural design focused on sustainability.

The idea for the farm was conceived by Roy Xu, a managing partner of the Ann Arbor sustainable design and build company, GreenBright. There is currently a managing team of six people, explained the farm's educational director, Ben Wielechowski. The team is in "build mode," and the next major project is building the nature trail for hiking and biking. An agro-tourism ordinance passed in Chelsea in early November, and the team hopes to get the final site plan approved by the start of 2016.

The staff at Robin Hills Farm, a new organic farm in Chelsea spanning 128 acres, is working hard to create an "eco-destination" for visitors.

The farm's tagline, "experience your food," reflects its philosophy of "experiential, deliberate living." The goal is to "reconnect people to the basics: to food, to lost skills, to community, to self, to the natural rhythms of the earth."

More information about Robin Hills Farm is online at www.robinhillsfarm.com. The farm is located at 20390 Stockbridge-Chelsea Road (M-52), Chelsea, MI 48118. Ben Wielechowski can be reached by email at ben.w@robinhillsfarm.com or by phone at (734) 834-8496.



Dr. Raymond Kong

Dr. Raymond Kong, Ph.D., O.M.D., opened a new acupuncture clinic on October 21. Born into a family that has practiced acupuncture and Chinese Medicine for over eight centuries, Dr. Kong began learning the basic concepts at the age of six and gave his first acupuncture treatment to a family friend at the age of ten. He went on to study and graduate from the prestigious Oriental Medicine program at Dongguk University. He also completed hospital externships and training programs in China, South Korea, and the United States. He is a licensed acupuncturist and is certified by NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine).

Dr. Kong receives frequent referrals from doctors at St. Joseph Mercy and U-M Hospitals. He has been a guest lecturer at U-M and has worked with the Athletic Department to help student athletes with injuries and other issues. Dr. Kong had worked within his mother's acupuncture clinic in Ann Arbor for many years, but said that with the number of referrals he had coming in, he needed his own clinic space. His space contains eight treatment rooms, two of which are "family treatment rooms" with two treatment beds in each. Several experienced practitioners work with Dr. Kong. He works seven days a week to ensure that his patients have access to treatment. He explained that acupuncture treatment is cumulative, so when a patient first comes in, he or she will generally need more frequent treatments, once or twice per week, for example. As the client's symptoms improve, the frequency of treatments can be reduced. Dr. Kong also provides house calls for people who have a hard time leaving their home.

Dr. Raymond Kong, Ph.D., O.M.D., opened a new acupuncture clinic in October. "Acupuncture can help almost anything," he said, explaining that he is especially experienced in helping patients with chronic pain management, arthritis, athletic injuries, and hormonal issues.

"Acupuncture can help almost anything," he said, explaining that he is especially experienced in helping patients with chronic pain management, arthritis, athletic injuries, and hormonal issues. His patients range from ages 2 to over 100 years old. In China, he said, acupuncture is very popular for chronic health problems while western medicine is used for emergency problems. For children, acupuncture can be used to prevent a variety of problems later in life, including hormonal issues, autoimmune diseases, and more. He explained that during acupuncture sessions patients also receive positive energy from the practitioner, so it is also a form of energy healing.

Dr. Raymond Kong's acupuncture clinic is located at 4343 Concourse Drive, Suite 100, Ann Arbor, MI 48108. He can be reached by phone at (734) 358-3379 or by email at acukongrui@hotmail.com. More information is available at www.acupuncture-annarbor.com.

Imagine Fitness and Yoga had its grand opening last June. Owner John Farah has been living in the Ann Arbor area since the 1960s, when he came here to attend U-M. He started a dentistry practice in 1980, where he still works, upstairs from the Imagine studio. Originally from the Middle East, Farah described coming to Michigan, a place he "knew nothing about," and benefitting from connecting with the strong community here. He has always felt a need to give back to that community, and Imagine is one way of doing that, he said.

Farah and his wife, Jackie, have always been passionate about health and fitness, and they envisioned a place where health, fitness, and nutrition could come together. It was also important to Farah that the studio be welcoming and encourage people to connect with one another. As a "people person," he felt that most yoga classes he took had no element of friendliness; people would come in, take a class, and immediately leave, never having a conversation with other students or instructors. For this reason, he said, he wanted the space at Imagine to be "cozy, welcoming,

Continued on page 34

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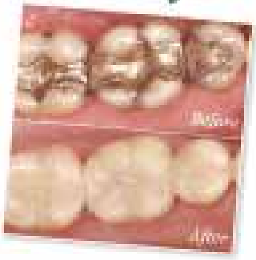

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What's New in the Community

Continued from page 32

and non-intimidating." Imagine has an inviting lounge with a fireplace and tea, coffee, and snacks. "Sometimes people have sat and talked for two hours after yoga class," he said. The yoga rooms themselves have heated floors — not for hot yoga, but just for a more comfortable experience. There are large windows looking out on a wooded area. When the weather is good, sometimes yoga classes move outdoors to the large deck surrounded by trees. There is also a workout area with up-to-date equipment, including treadmills, elliptical machines, cycling bikes, weight machines, and free weights. The studio also has lockers and showers.

> Imagine Fitness and Yoga had its grand opening last June. In addition to a yoga space, there is also a workout area with treadmills, elliptical machines, cycling bikes, weight machines, and free weights.

Imagine employs three fitness trainers, who provide group and one-on-one fitness sessions; two massage therapists; seven yoga instructors, who teach different styles; and a Tai Chi instructor. Farah himself teaches what he calls a "bare bones" yoga program for beginners who might otherwise be too intimidated to attend a full yoga class. Men especially, he said, are often embarrassed and have no idea where to start, and he eases them into a yoga practice. Jackie introduces beginners to cycling on Imagine's spinning bikes.

Farah said he is focused on helping people make fitness a part of their lives, and spoke with satisfaction about the people he's met who "didn't even think they would do [a particular activity] once" and ended up coming back repeatedly and starting to feel better. "If I ever retire from dentistry, you'll find me there full time," he said.

Imagine Fitness & Yoga is located at 3100 West Liberty Road, Ann Arbor, MI 48103. More information is available online at www.imaginefitnessandyoga.com. The studio's phone number is (734) 622-8119, and questions can be emailed to imagine@imaginefitnessandyoga.com.

Amber Kessler opened a new salon, Naturally Raw Hair, inside the Sola Studios in the Arbor Hills Crossing shopping center. A licensed cosmetologist since 2006, she specialized in cutting and bridal styling at the Douglas J. AVEDA Salon for nine years, also receiving training in razor cutting, men's cutting, airbrush makeup, and bridal styling. She is committed to using toxin-free products. "Your skin is the largest organ in your body and it absorbs everything you put on it; this is why I choose safe products," Kessler said. She uses two non-toxic product lines for general styling: Neuma, which is non-toxic and green, and Intelligent Nutrients, which is certified organic and food grade. She said she is the only stylist in Ann Arbor using Intelligent Nutrients. She said that all products she uses are professional quality and made following cruelty-free practices.

> Amber Kessler opened a new salon, Naturally Raw Hair, inside the Sola Studios in the Arbor Hills Crossing shopping center.

The color line Kessler uses is All-Nutrient, which is also organic and made in the United States. She said the color makes hair "very shiny" and "gray coverage is awesome!" Another service she provides is a raw avocado conditioning treatment — actually cutting open an organic avocado. "It's great for frizzy hair and adds lots of shine," she said. Using natural, non-toxic products, she said, is not only healthier, but improves the condition of hair, instead of just "coating it with silicon," which she said many mainstream products do.

Kessler said she especially likes doing bridal styling and short haircuts for women. "I'm so happy my career has helped me become a day-maker," she said.

Naturally Raw Hair is located in the Sola Studios at 3050 Washtenaw Avenue, Ann Arbor, MI 48104. She can be reached by email at sprighairamber@gmail.com or by phone at (734) 383-0103. A photo gallery of her work is online at www.flickr.com/photos/amberkessler.

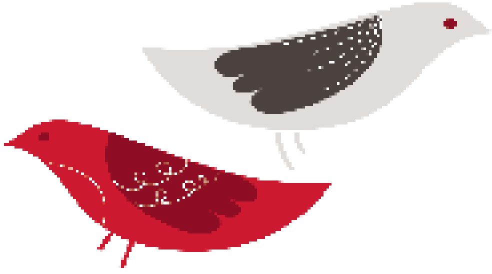
In March 2015, Megan Zakar took over the sauna program at the Tranquil Being Healing Arts Center. While the infrared sauna has been at the Center for several years, owner and founder Sharon Marie Lawlor was focused on other modalities offered there, and had not promoted the sauna program much. A current student at the Naturopathic School of Healing Arts, Zakar had the interest and ability to spread awareness and make the sauna available.

The sauna is an mPulse® Full Spectrum Infrared Sauna. Zakar explained that it uses different wavelengths of infrared heat to "reach into" various layers of the body: skin cells, the circulatory system, and internal organs. Because of this, it is able to be programmed to use combinations and cycles of the different wavelengths for different intended effects. The programs available are detoxification, relaxation, pain relief, weight loss, heart health/cardio, and skin rejuvenation. It feels different than a typical rock and steam sauna, said Zakar, as it is dry heat. "It's easier to sit in," she said. She also explained that the infrared sauna is more detoxifying than the rock and steam saunas, and does a better job of stimulating the lymphatic system, which she said is "very clogged" in the average person.

> In March of last year, Megan Zakar took over the sauna program at the Tranquil Being Healing Arts Center.

The sauna is designed for one or two people and is in a private room. Single or couples sessions are available. Clients can undress completely to sweat if they wish, or wear a set of clothes to sweat in and change afterward. The bench and floor are lined with organic cotton towels, and a cold washcloth and more towels for drying off are available for the end of the session. Since the room is private, clients can leave the sauna at any time to rest from the heat for a moment or drink water if they wish. The different sauna programs range from 30 to 45 minutes, but the room is always booked for 60 minutes to allow for a relaxed and unhurried experience.

First-time sauna clients receive a discounted rate of $28 for an individual or $40 for a couple. Other promotions are listed on the Tranquil Being website: www.tranquilbeing.com/infrared-sauna. Megan Zakar can be reached at saunasessions@gmail.com or by phone at (248) 835-4445.



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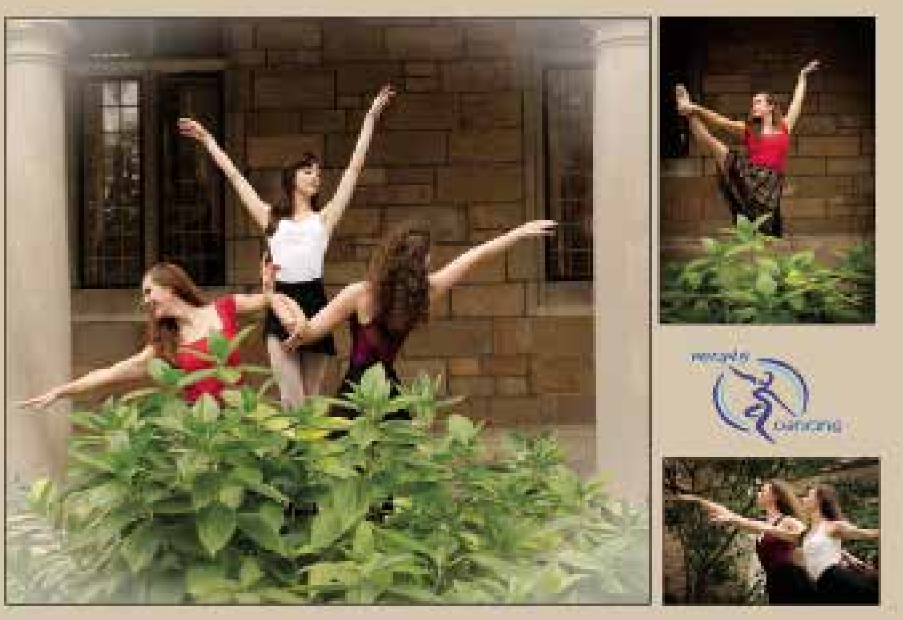

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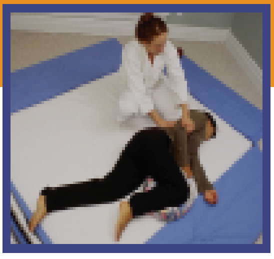

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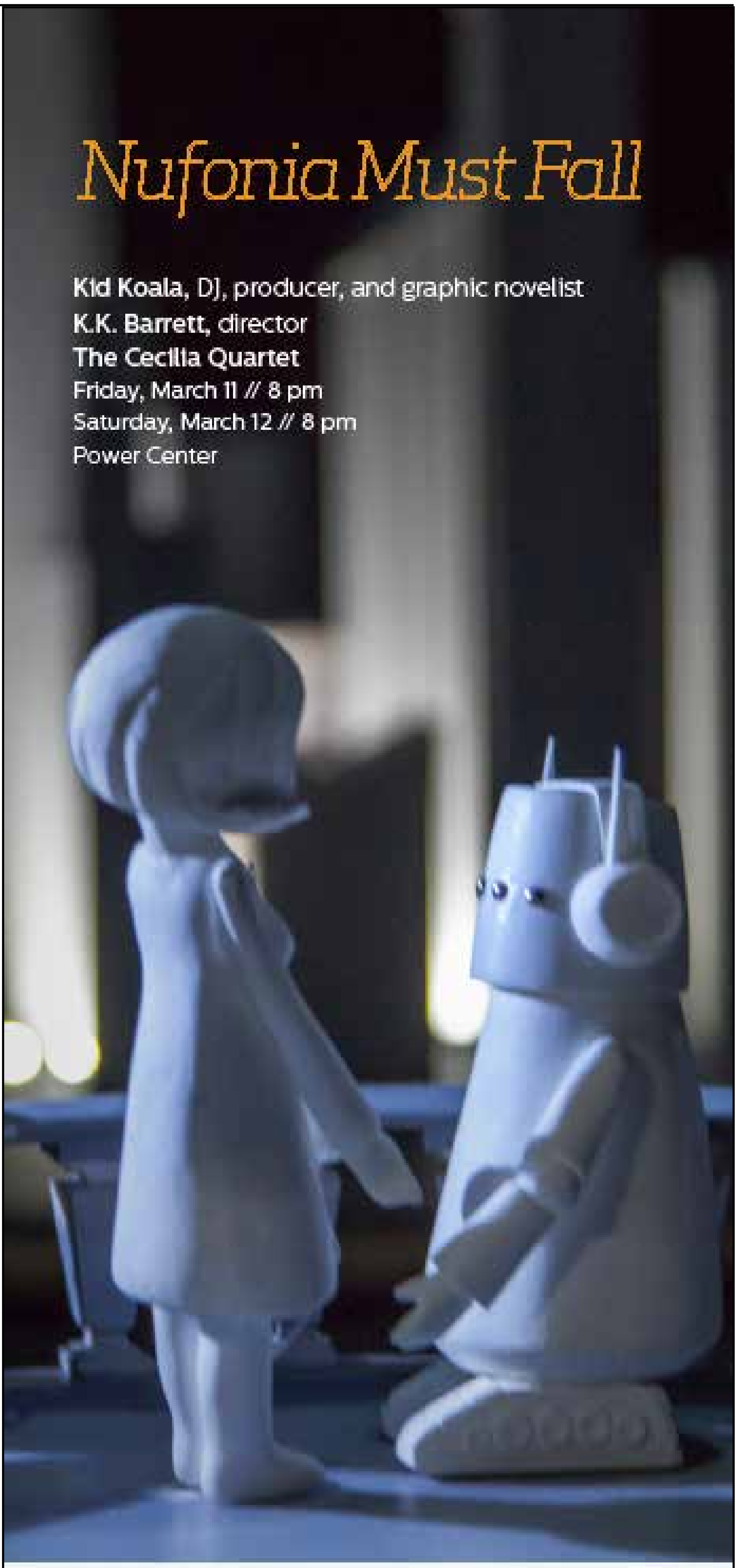

Nufonia Must Fall

Kid Koala, DJ, producer, and graphic novelist
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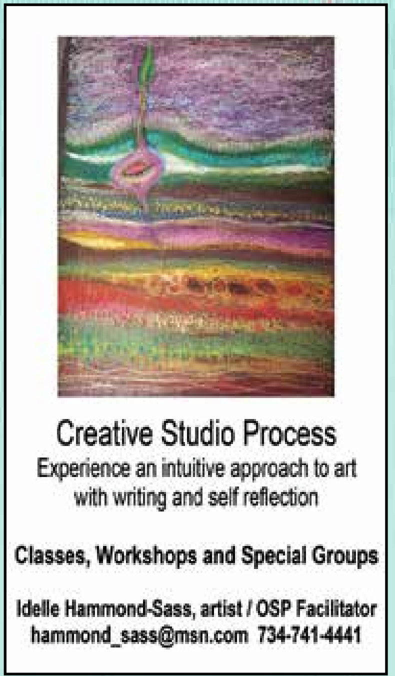

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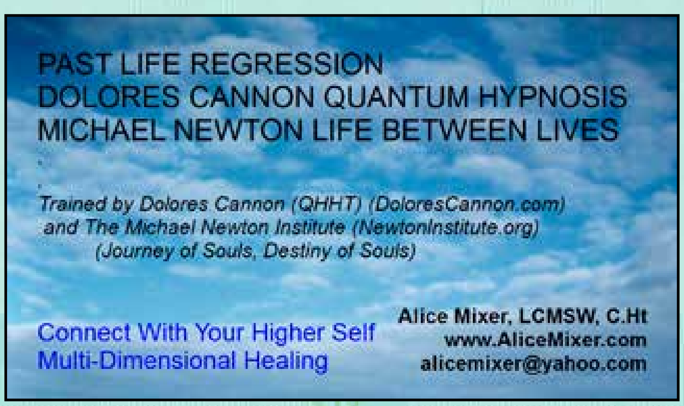

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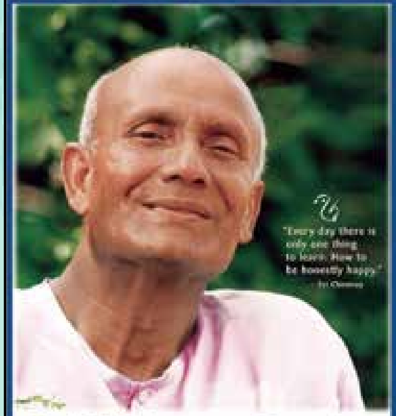
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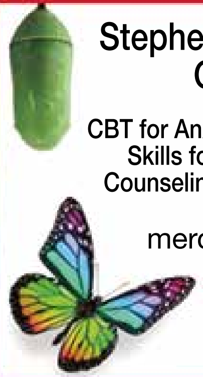

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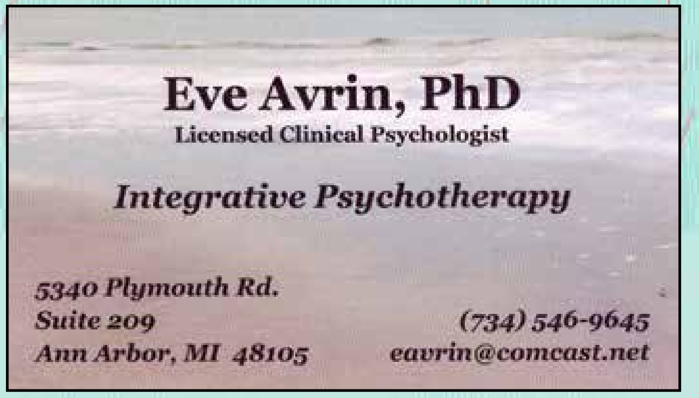

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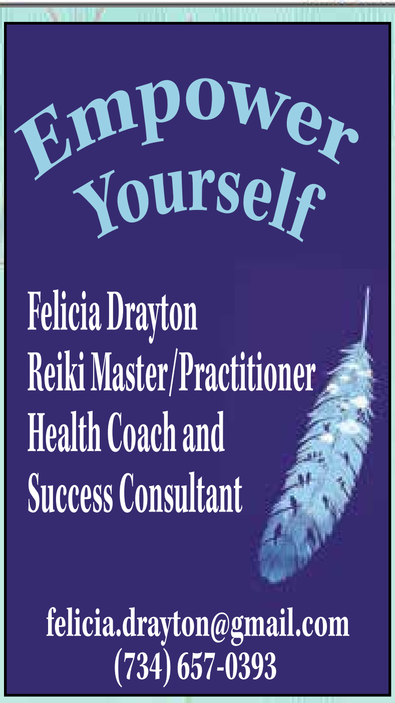

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Have Bikes, Will Travel

By Sandor Slomovits
Photos by Adam Kern

At one point or another, many of us who bicycle casually — whether to work, to shop, to exercise, or simply to go for an occasional leisurely ride along Huron River Drive — have probably daydreamed of a longer trip; perhaps across the state, or even across the country. Last summer, Karin Roszell and Adam Kern, a couple of young Ann Arborites, both recent U-M graduates, turned daydreams like those into reality. Roszell and Kern, riding a pair of cyclocross bikes, bicycled from San Francisco to Ann Arbor, pedaling approximately 3,500 miles in nine weeks, occasionally biking over a hundred miles in one day.

Roszell and Kern, riding a pair of cyclocross bikes, bicycled from San Francisco to Ann Arbor, pedaling approximately 3,500 miles in nine weeks...

With bulging panniers on either side of their rear tires stuffed with camping gear, clothes, food, and water, the pair were mostly self-contained, self-sufficient travelers. They camped about a third of the trip, stayed in motels for another third, and the rest of the time they overnighted in peoples' homes. To find people who would host them, they relied on two apps on their phones, Couchsurfing.com and Warmshowers.org. Warmshowers in particular is designed solely for bicyclists like them who are touring across the country. Using the apps they found people in the towns on their route. Roszell explained:

> We'd text them and say, 'Can we stay with you?' Usually they'd respond pretty quickly, and usually with, 'Yeah, absolutely.' On the day of! It was such a mind-boggling thing. I never expected people to be so open, so last minute, but they really were. Many of the people who host other bikers have done a trip like this themselves, so they understand what it feels like to have someone give you a place to stay. Their generosity and trusting were almost uniform.

"Sometimes we met people in the loneliest places; we would become friends and bike together for a bit."
–Karin Roszell

Kern added, "Sometimes people would respond with, 'You know, I'm not even home right now, but if you arrive, the key is under the mat, you can make yourselves at home.'"

They tried to stay on small roads, avoiding interstates whenever possible, and managed to ride mostly on minor highways and service roads that turned out to be not busy at all. "Biking was such a good way to take in the country," said Kern. "Slowly see what's around you, take in what's going on around you." At the same time, while one of their goals in planning the trip had been to have a real change of pace from their structured school and work life in Ann Arbor, they discovered that the road imposed its own structure. "In a sense they were very free, kind of plan-your-own days," said Kern. "There were no constraints except we had to get from point A to point B. But, even though it was kind of an escape, it also became a 9 to 5 kind of job."

Roszell, who handled many of the day-to-day logistics throughout their trip, added,

> I was surprised by how much time we had to spend doing three things: finding a place to stay at night, biking eight to ten hours, and making sure we had enough food. I've never spent so much time in my life just trying to cover those basics. That was our day; there was actually little time outside of that. We were exhausted and we wanted to rest and sleep. The last tiny portion of the day was exploring. But we did a lot of exploring on our bikes each day. In eight hours of biking you see a lot.
>
> We met a lot of people along the way who were also bike touring. We weren't the only ones by any means. Especially on the western side of the country we would see other bikers with their panniers loaded up, almost every day. Sometimes we met people in the loneliest places; we would become friends and bike together for a bit. We met three men in the middle of nowhere in Nevada who we biked with across the state. They were in their seventies and retired and still biking. You see all different ages, all different kinds of people. We met other groups, a lot younger, some in college, some just graduated, one from Australia. You just meet everyone.

"We met a Frenchman who was on his third straight year touring," said Kern. "He has been on his bike for three years! Amazing the people you meet, just by happenstance." And of course everywhere they went they found that people were excited by their venture. "When we'd stop at gas stations we'd always get people asking us, 'Where are you going, what are you doing, where can I follow you on social media, what's your website?'"

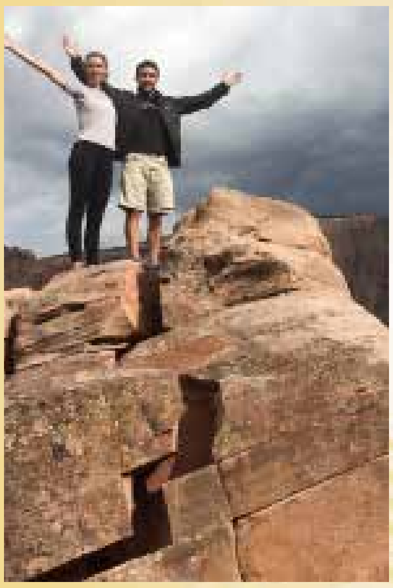
To find people who would host them, they relied on two apps on their phones, Couchsurfing.com and Warmshowers.org.

In planning the trip, Roszell and Kern were not only seeking an adventure. They were also hoping to raise funds to help support two organizations close to their hearts. Roszell had been volunteering at the Joy Southfield Community Development Corporation for the past three years and wanted to give "a big goodbye gift to the clinic." Kern traveled to Kenya in 2012 and worked at an orphanage called the Grace of God Children Center. He wanted to donate to the Harambee Foundation, which helps Kenyan orphans go to school. Their goal prior to leaving had been to raise $10,000 through donations, and they met that goal almost exactly. Seventy percent of those funds Roszell and Kern have given to those two organizations, and the rest went to defray their trip expenses.

"...we were each other's greatest asset to make it, like getting up a mountain, or finding food, or a place to stay, that at the end of the day we felt so accomplished that no matter what little petty arguments we'd had, they didn't matter."
–Karin Roszell

Roszell and Kern had been together for a year when they began planning their trip, and embarked on their jaunt six months later. The two-month-long journey also transformed and strengthened the young couple's relationship. Kern said:

> It's been a really key experience in getting to know each other. This kind of trip, where you're together all the time and you're using each other to accomplish what's in front of you every day, we kind of expected that there would be some conflict every now and then, and we'd just have to communicate and get over it. And there were times when we'd have small arguments, but I think all in all, in the end, we're much stronger and able to communicate much better. We learned a lot about each other, and about ourselves.



"Biking was such a good way to take in the country. Slowly see what's around you, take in what's going on around you."
–Adam Kern

Roszell continued:

> I had crazy worries before we left and one of them was, 'What if we just argue every day and what if we're sick of being around each other? What if that happens? That would be horrible.' But surprisingly, because we were such a team — we were really all we had — we were each other's greatest asset to make it, like getting up a mountain, or finding food, or a place to stay, that at the end of the day we felt so accomplished that no matter what little petty arguments we'd had, they didn't matter.

Kern added, "Most of the time, when we'd get on edge, was toward the last two hours of a ten-hour ride, when we were hungry, thirsty, and just ready to be off the saddle. Anger didn't come from anywhere other than hunger." Roszell picks up the thread, laughing. "I'd say, 'Adam, just eat this granola bar and things will be better.' And twenty minutes later he'd be smiling again."

"Sometimes people would respond with, 'You know, I'm not even home right now, but if you arrive, the key is under the mat, you can make yourselves at home.'"
–Adam Kern

Since returning, Roszell and Kern have resumed their pre-trip work and school lives, and, perhaps surprisingly, have even been bicycling. "We took off a week and then have been back up in the saddle," said Kern. "We have done some nice rides, and we're preparing for some triathlons." He's back at work at the University of Michigan Institute for Social Research as a research study coordinator studying mental health at universities across the nation. He plans to be there for a year and then will attend grad school. Roszell, who just graduated this past spring, said, "I thought I wasn't going to miss school at all, but, surprisingly enough, I already miss it, so I've been studying a bit, refreshing myself on the science material that will be on the MCAT." She also will renew her E.M.T. license, and is looking for work, either in a hospital E.R. or in a clinic, and plans to go to medical school. Someday they'd like to ride from Ann Arbor to the East Coast to finish their cross-country trip, but "the hardest thing will be to find time, now that we're in the full swing of things, taking the next steps of our lives," said Kern.

"One of the big life lessons we learned," Roszell said, "is something that I realized is two sided — almost in conflict with each other." Adding:

The Kenyan orphans that I'm supporting and the Detroit citizens that Karin's supporting, it was easy for us to reflect on the struggles that they are going through... and [that] really helped us push through our daily tasks, having that purpose.

> Before this trip I was really nervous. I didn't feel prepared, I didn't think I'd biked enough, trained enough. 'What if I just don't make it up the mountains?' So I was amazed in the beginning that it was way easier than I thought it would be. So I have a new confidence in my abilities. At the same time there were days that were really long, really tiring, really hot, where I was like, 'Oh man, twenty more miles, I don't know if I can do it.' On those days I had to dig really deep. You do that in school too, buckle down for a test; but it's different in other ways, when it's a physical limit you haven't pushed through before.

"It really was a life changing experience," said Kern.

> We found out we were more fit than we thought, so there was never a time that we were ever thinking of quitting, but there definitely were challenging times. And one of the things that got us through those challenging times was the willpower we had, and reflecting on the willpower that people in the charities that we were supporting have. The Kenyan orphans that I'm supporting and the Detroit citizens that Karin's supporting, it was easy for us to reflect on the struggles that they are going through. Not to compare our struggles to theirs, but that came into our minds a number of times and really helped us push through our daily tasks, having that purpose. This whole trip would not have been possible without all the people and organizations — our parents, sponsors, donors, the U-M's optiMize, who helped us along the way.

Roszell added, "The biggest thing I take away from this trip, [is recognizing] the immense amounts of kindness, from people we didn't even know."

To learn more about Karin Roszell and Adam Kern's trip and for information on how you can contribute to their causes, please visit www.pedalingforprogress.wix.com/2015.

Finding Your Heart Play

By Heather Burcham

Play — the word conjures up memories of favorite childhood games and playmates, imagining, competing, creating, and discovering the world around us as we grew up through play. It may remind some of us of board games or video games, or perhaps our favorite sport. For most of us play is just a memory of childhood or something we enjoy watching our own children engage in. But what if someone challenged you to incorporate play into your every day as an adult?

First you might examine what play means to you. Play comes so naturally to children, and yet play takes on such complex meaning after crossing the threshold into adulthood. Certainly you don’t expect me to build a town out of LEGOS at my age! And it’s true, play looks different for adults.

… play is a state of mind more than an activity.

According to psychologist and play researcher Stuart Brown, play is a state of mind more than an activity. It often appears purposeless, yet is automatically reinforcing. When we are truly engaged in play, we lose track of time and achieve a sense of diminished self-consciousness, no longer criticizing ourselves or worrying about how others might perceive us. Play results in joy and leads us into a state of flow, or being “in the zone.”

What constitutes play for one person may not be play for another. Barbara Brannen, author of *The Gift of Play: Why Women Stop Playing and How To Start Again* (iUniverse, 2002), writes about finding one’s “Heart Play,” which she describes as being “unique to every human being on earth. It allows you to be totally in the moment, involves no unwelcome work, and comes without responsibility. It creates an ecstasy that may not be apparent to anyone but you.” What is *your* Heart Play?

When we are truly engaged in play, we lose track of time and achieve a sense of diminished self-consciousness…

Junichi Shimaoka, Psy.D., staff psychologist at the University of Michigan’s Counseling and Psychological Services (CAPS), has studied play extensively and started a campaign across campus that urges students to “Do Something and Play,” aiming to change the culture of campus from an all-work-and-no-play achievement-focused value system, to one that values personal development and wellness through play, in addition to academic learning. In a recent interview, Shimaoka explained that he has adapted the play personalities outlined in Stuart Brown’s *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* (Avery, 2009) to urge students to examine what play means for them. “In the book, he started to talk about different personalities, or preferred play activities that people have. So that’s where I borrowed this idea of eight different play personalities, thinking, ‘that would be a fun way for people to think about, what do I like to do?’ We thought it would be fun to have — what kind of play personality are you?”

Junichi Shimaoka doing flow arts

What is your Heart Play?

Carolyn Christopher, local Laughter Yoga Leader

The eight play personalities Shimaoka outlined, based on Brown’s book, include the Explorer, who enjoys visiting new places, whether they be physical, mental or emotional; the Director, one who plans events or organizes activities; and the Kinesthete, who plays through movement. Shimaoka himself identifies with kinesthetic play, finding joy in practicing flow arts. He shared: “I started getting into flow arts: spinning poi, circus arts… hula hooping, spinning fans…[These are called] flow arts because you can really feel the flow, manipulating objects, really expressing yourself.” Adding, “But also the mindfulness kind of thing, you’re really in the moment, connected with yourself, but also your prop that you’re spinning or manipulating. That positive psychology of the positive and optimal — the idea of flow, being in the zone, being in the moment. That’s a really nice place to be.”

Play results in joy and leads us into a state of flow, or being “in the zone.”

Other play personalities include the Collector, who finds joy in holding onto the objects or experiences that they find most interesting; the Artist, who loves creating things; and the Storyteller, who engages in play through getting lost in a story.

There is also the Competitor, who enjoys the thrill of winning and engaging in competitive games. Josh Sherry, Director of League Operations at the Ann Arbor Sport & Social Club (“where Ann Arbor comes to play”), enjoys team sports as a way of incorporating play into his everyday life. His club offers opportunities for adults in the community to join a recreational sport if they find their “Heart Play” in sports. “When you think about that word — play — that word is kind of juvenile. It reminds me of being a kid in elementary school, and asking someone to come out and play.” He added that at the Ann Arbor Sport & Social Club, “We really focus on elementary school games, so we do kickball, dodge ball, flag football, beach volleyball, indoor volleyball, corn hole. We do bowling. Everything that we do is co-ed, [and] everything is super social.”

The eighth of the play personalities is the Joker, the one who loves to make others laugh. Carolyn Christopher, local Laughter Yoga Leader, fits the bill, leading others in laughter, not by telling jokes, but by sharing laughter as a way to achieve wellness. Laughter yoga is a unique concept that combines yogic breathing with laughter exercises that foster wellness in the body, mind, and spirit, as well as social connections with others. “I find it so marvelous in terms of getting folks to look at the world from a different perspective,” Christopher divulged. Christopher went on to describe the value in setting one’s inner child free to express itself through the playfulness of laughter. “I truly believe life is so stressful now from so many different angles that people just need to let go, and laughter yoga surely does that.”

Many adults don’t readily buy in to the idea of play, however. “The exercises we do are pretty playful — that alone is the playfulness aspect of [laughter yoga]. I don’t stress the playfulness of it. I really focus on the health benefits of it,” Christopher explained. “When you start talking about playfulness people just don’t seem to warm up to it as easily, so I started to focus on the health benefits.” Shimaoka agrees that adults seem to have a hard time wrapping their heads around play. “[Regarding the] differences between kids and adults, I think the essence of the playful activity would be the same. I think adults would have a much harder time, because over time, I think we are molded into thinking everything we do should have a purpose, some sort of outcome or reward," he suggested. "Play feels like there's no concrete reward. It's not going to give you money, it's not going to give you a reputation, [so adults think] you're just wasting time… I think people really enjoy it but they just feel bad to take ownership of it. They are doing playful stuff, but there has to be an excuse."

For adults looking for an excuse to play, look no further. Research shows numerous health benefits of play, not only for children, but for adults as well. Shimaoka said:

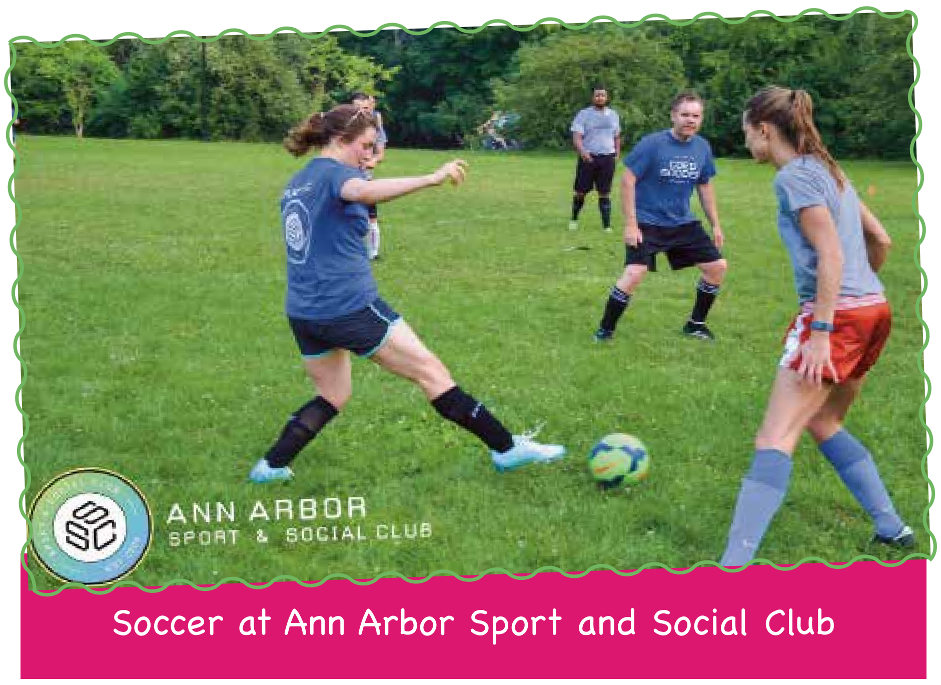
> There's plenty of literature [showing] the benefits of play for kids — creativity, socialization, resiliency. More and more there's literature for the benefits of play for adults. People are noticing the benefit of play. The productivity actually goes up, [and] the work-life satisfaction goes up when people are able to take breaks and encouraged to play. So creativity goes up, they are reenergized, it's stress-relieving, really connected in the present moment. All the benefits are there for adults.

Work places like Google are recognizing the productivity and creativity implications of play and have incorporated play into the workplace. Still, play rarely crops up in the culture of the average adult workplace, making play a personal choice that must be thoughtful and intentional.

… play increases positive mood, and helps us to develop resilience, independence, and resourcefulness.

To encourage young professionals to find time for play during the work week, Josh Sherry's Ann Arbor Sport & Social Club schedules events on weeknights. By being a part of a sport Monday through Thursday, "it breaks up your work week, so you have something to look forward to during the week," he suggested. "An opportunity to go play some sports and bring back some of your grade school days with some fun." His club also partners with local bars and restaurants to host post-game social hours with discounted drinks and food for team members. Playing together beforehand breaks the ice to foster new friendships and a sense of community.

In addition to play's productivity, creativity, and work-life related benefits, play also offers adults increased energy and self-confidence, a renewed sense of vigor for life, exercise through kinesthetic or movement-related play, and stress relief. Researchers have also found that play increases positive mood, and helps us to develop resilience, independence, and resourcefulness. Play can also lead to stronger social bonds and overall positive psychological functioning.

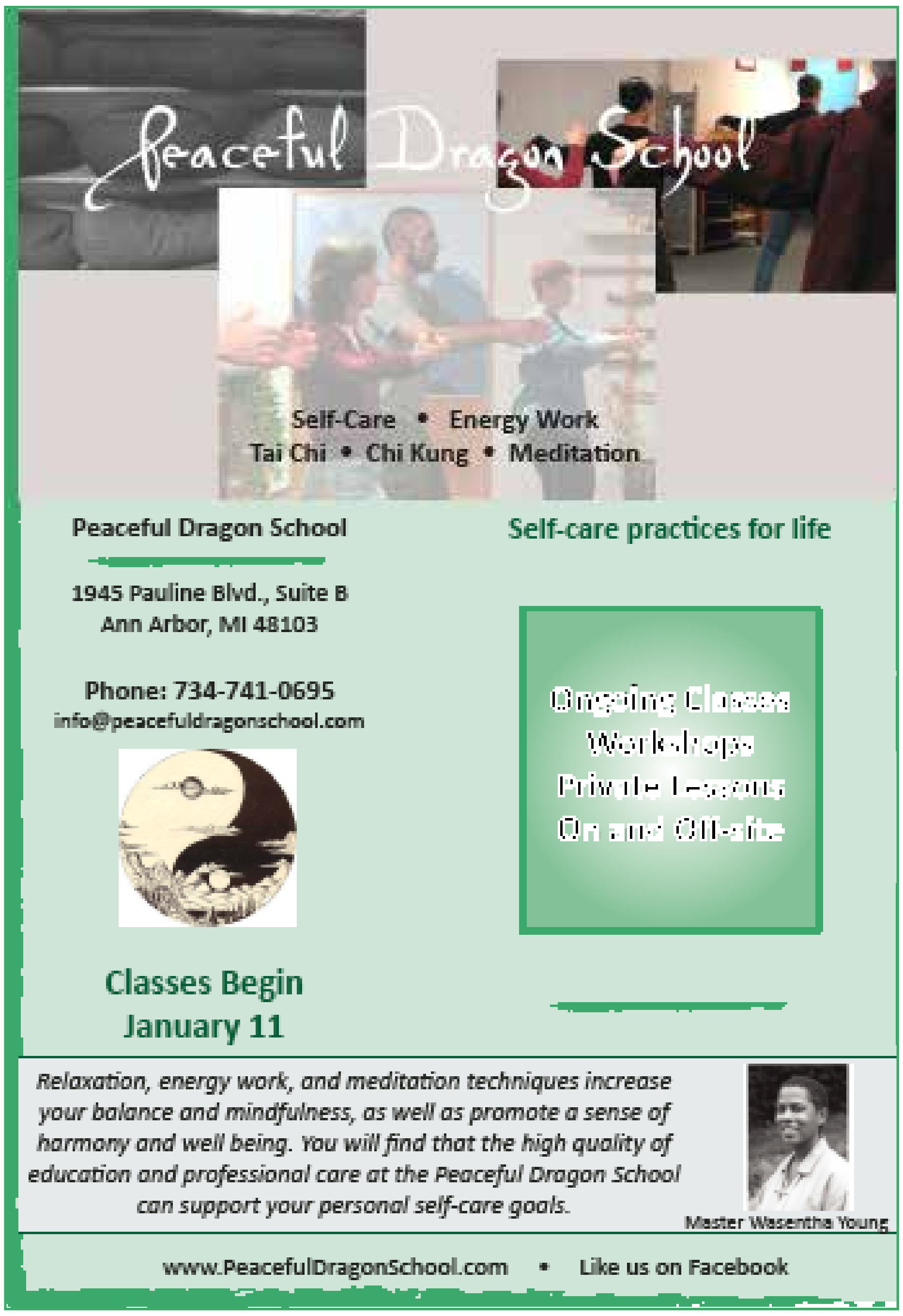


Soccer at Ann Arbor Sport and Social Club

Play can change our lives if we let it, providing a pathway to reconnecting with our younger selves. It can help us rediscover ourselves and our worlds without self-criticism or concern for the judgments of others. It can remind us of all that life has to offer beyond the confines of our careers or adults responsibilities; freeing our minds, bodies, and spirits to experience life fully, with energy and enthusiasm, creativity and connection with others. Finding your Heart Play can open the door to countless other personal discoveries and experiences waiting to enrich your life. So I wonder, how can *you* incorporate play into your every day?

For more information about Junichi Shimaoka's "Do Something and Play" campaign, visit Mitalk.umich.edu/play. For more information and to sign up for the Ann Arbor Sport & Social Club, visit aasportsclub.com. To learn more about laughter yoga and opportunities to laugh with Carolyn Christopher, visit thelaughterproject.org

do something. and Play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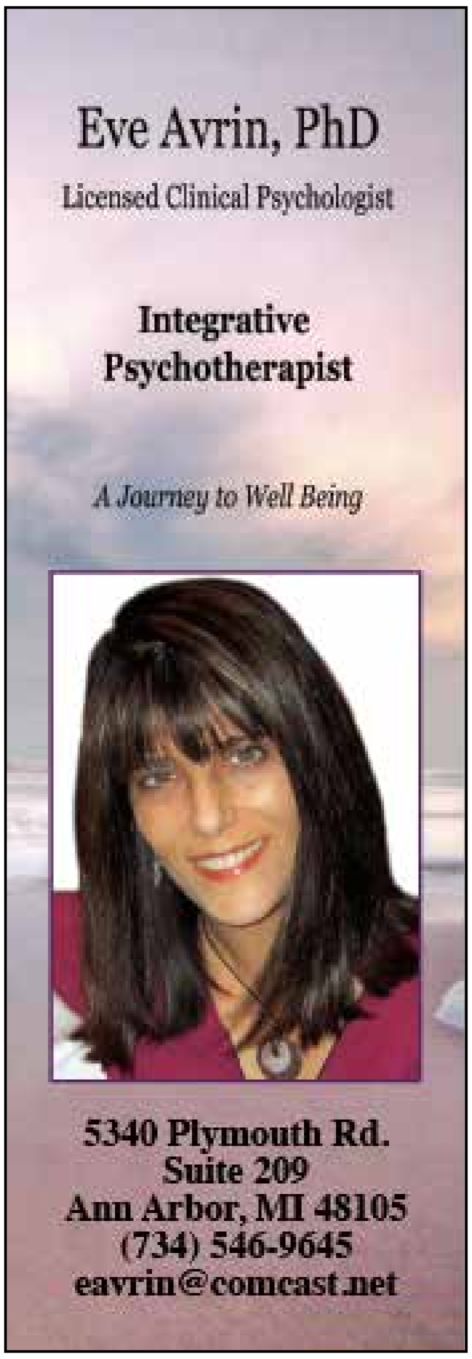
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All Creatures Great & Small

Does Your Pet Need an Animal Chiropractor?

By Karen Foulke Larson

Sarah Wilkinson, D.C.

When looking for an animal chiropractor, start with the American Veterinarian Chiropractic Association…

Sarah Wilkinson, Doctor of Chiropractic, always knew she wanted a career working with animals. She started working at an animal hospital in high school, and through the years as she moved her way up to head animal technician, learned the importance of preventive care. She saw how raw food diets, chiropractic care, and acupuncture helped the animals she cared for as well as her own pets. This influenced her decision to become certified as an animal chiropractor. She now treats cats and dogs and even horses.

What is Animal Chiropractic?

Chiropractic deals with the entire nervous system. Misaligned vertebrae (known as subluxations) can put pressure on spinal nerves. By adjusting the misaligned vertebrae, chiropractic care addresses the cause of the problem instead of just the symptoms.

> She saw how raw food diets, chiropractic care, and acupuncture helped the animals she cared for as well as her own pets.

Some of the conditions that might cause a pet owner to seek chiropractic care for their cat or dog include: gait problems; behavioral changes; performance problems; musculoskeletal problems; disc problems; joint problems; limping; age-related degeneration; neck, back, leg and/or tail pain; decreased range of motion; maintenance of joint and spinal health; and wellness and preventive care. One of the causes of subluxations can be some form of trauma, like getting hit by a car or a slip and fall. The birthing process can also cause subluxations.

An animal chiropractor works to restore function and mobility to the compromised vertebrae in an effort to re-establish neurologic transmissions and allow the body to perform at its potential. Animal chiropractors use their hands to identify the areas of restriction and then apply a precise thrust on the immobile anatomical structures to restore the normal motion of the vertebrae.

Animal chiropractic care is often sought to correct a problem, but it is also beneficial for wellness and preventive care. It does not replace traditional veterinary care and, as Wilkinson explained, is an integrative method that is used in conjunction with traditional veterinary care.

Finding a Chiropractor for Your Pet

Wilkinson's field has grown over the last fifteen years, but there are many pet owners who are just finding out about this option. When she introduces herself to someone for the first time away from her clinic, she often hears the question, "Can I see your business card?" She has had many interesting conversations sitting next to strangers on airplanes who didn't even realize animal chiropractors existed.

When looking for an animal chiropractor, start with the American Veterinarian Chiropractic Association (AVCA), the certifying agency for chiropractors and veterinarians who have undergone post-graduate animal chiropractic training. Some chiropractors might offer to take care of their patients' pets, or may have graduated from a basic animal chiropractic program, but Wilkinson cautioned that finding a Doctor of Chiropractic (D.C.) or a Doctor of Veterinarian Medicine (D.V.M.) who is certified by the AVCA guarantees that they are thoroughly trained and have passed a written and clinical exam.

The Michigan Veterinary Medical Association requires a veterinarian's referral and observation for chiropractic care. Wilkinson works at the Synergy Animal Hospital and Chiropractic in Saline (the same clinic where she started working during high school) with Linda Fung, D.V.M. It costs $85 to see both the veterinarian and the animal chiropractor. The cost for adjustments is $50. Some pet owners schedule regular visits, but the frequency of visits varies based on the individual pet's needs.

Wilkinson said that once the primary issue improves, there are often other changes to the animal's overall well-being, such as allergy relief or the pet tolerating medications better.

Popular with Pets (and Owners)

Kim Dermyre has known Wilkinson for at least fifteen years. Wilkinson first cared for Dermyre's pets when she was a vet technician at Synergy. Dermyre's Rhodesian Ridgeback, Geunther, was the first Dermyre pet to receive chiropractic care. Dermyre's current pet, Greta, is a 68-pound Rhodesian Ridgeback. Dermyre thinks chiropractic care has helped extend Greta's life. She is now 14.

Dermyre said, "The results were phenomenal. It gives them the ability to move more freely as they age with the onset of arthritis."

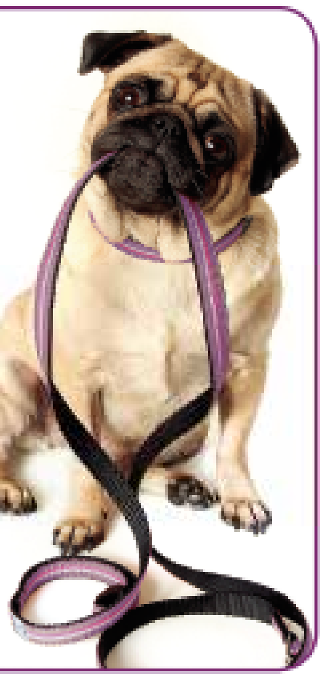
When asked about Wilkinson, Dermyre added, "Her knowledge and compassion, along with a beautiful personality, are tops, and most of all, her love of animals makes her a special doctor as well as a person."

Wilkinson said that once the primary issue improves, there are often other changes to the animal's overall well-being, such as allergy relief or the pet tolerating medications better.

If pet owners are questioning whether their pet will tolerate chiropractic care, Wilkinson can put their concerns at ease. One example is an 85-pound pit bull mix who originally saw Wilkinson for an injured back. The dog was nervous at the first visit when she was in pain, but as soon as Wilkinson corrected the problem, she quickly welcomed the visits to Wilkinson. Now she runs in the door of the clinic, finds Wilkinson, and sits in her lap.

Want to know more about animal chiropractic? Visit the American Veterinarian Chiropractic Association's website: www.animalchiropractic.org.

Sarah Wilkinson, D.C., practices at Synergy Animal Hospital and Chiropractic located at 250 E. Michigan Avenue in Saline. For more information, visit www.synergyanimalhospital.net or call (734) 944-1640. She is also co-owner of Life's Journey Family Chiropractic, located in Ann Arbor, and is one of the few AVCA certified animal chiropractors in the state.



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CRYSTA **GOES** VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

PHOTO BY JONI STRICKFADEN

1

Hitting the Stage with Kristin Danko

You could not meet a more upbeat and passionate person than Kristin Danko, the executive creative director of Ypsilanti's newest theatre company, Neighborhood Theatre Group (NTG). Kristin and her partner, Aaron Dean, founded the company after spending years in Chicago's experimental theatre scene. Kristin, who holds bachelor's degrees in both theatre and music and a master's degree in arts administration from Eastern Michigan University, brought her talents to Ypsilanti in 2013. Why did she leave the Windy City for our little Ypsi? I sat down with her at Sweetwaters Coffee and Tea in Ypsilanti, across the street from her alma mater, to find out.

After seven and a half years in Chicago, Kristin had tried her hand at everything from storefront theatre and musicals to improv and comedy. She loved it all, but …"I got really tired of acting," she told me. "I wasn't feeling challenged, and I wanted to challenge myself in theatre in a new way."

So when she was accepted into EMU's graduate school, she and her partner packed up and headed to Michigan. They originally looked at living in Ann Arbor but were shocked to discover that rental prices were comparable to what they had been paying in Chicago. They found themselves more attracted to the DIY-vibe of Ypsilanti, and also liked the quirkiness of the city. They've lived in Ypsi for over two years now and have no plans to leave.

"There is so much talent here!" Kristin gushed, but she also lamented that there aren't enough outlets for actors to pursue after graduation. She and the whole NTG crew hope to change that by becoming the "premier experimental theatre for Ypsilanti," a place where actors can get their start and experiment with original shows. "New theatre companies are a dime a dozen in Chicago," she said. "[Ypsilanti has] more opportunity to explore the art form."

The NTG will be performing a cabaret show March 24 to 26 at Ypsilanti's Back Office Studio, where Kristin is also Artist in Residence. They will also perform a weekly sketch show at the same studio starting Fridays in May. The goal is to get their own space, but for now they are thrilled with the support they're receiving from the community.

What Kristin finds so magical about theatre is the "connection of energy" between the audience and the performers. "You're creating something with a group of people that's bigger than you. Once you perform, we get to all go through this together." The excitement is contagious. I can't wait to see what Kristin and NTG come up with next!

Contact Kristin at neighborhoodtheatregroup@gmail.com. Follow NTG on Facebook at facebook.com/neighborhoodtheatregroup, on Twitter @NTGYpsi, and on Instagram @NeighborhoodTheatreGroup.

Kristin and the whole NTG crew hope to change that by becoming the "premier experimental theatre for Ypsilanti," a place where actors can get their start and experiment with original shows.

Kristin Danko and partner, Aaron Dean

2

Crafting Up Something Fun with Celena Lopez

Celena Lopez of Ypsilanti is an independent, clever, and crafty lady. She has made handcrafted blankets for all of her friends' babies, mostly knitted, but "the last one was quilted because I ran out of time." I don't generally think of quilting as a quick and easy task. That's the kind of can-do attitude that Celena brings to her projects. She may not always know how or when a project will get done, but it will get done, and in my opinion, it will be beautiful and carefully and professionally finished.

Celena Lopez & pomeranian, Asher

After her first year in the world of D.I.Y. craft fairs, Celena had already graduated from sharing a table at Ypsilanti's twice yearly show DIYpsi to having a full table all to herself. She has also traveled for out-of-state craft fairs, such as Handmade Toledo Maker's Mart. She sells under the name Diosa de la Luna. Her wares can be found year round through her online shop and at the Eyrie located in Ypsilanti's historic Depot Town, a store that features only Michigan-made products by local artists and crafters.

It was the Eyrie's owner Janette Rook, a friend, who initially started Celena on her path to selling. As Celena puts it, "She said one day, 'I know you're a crafty person, why aren't I selling your stuff?'" Another friend and independent artist Marcy Davy of All Things Grow also encouraged Celena to get involved in craft shows.

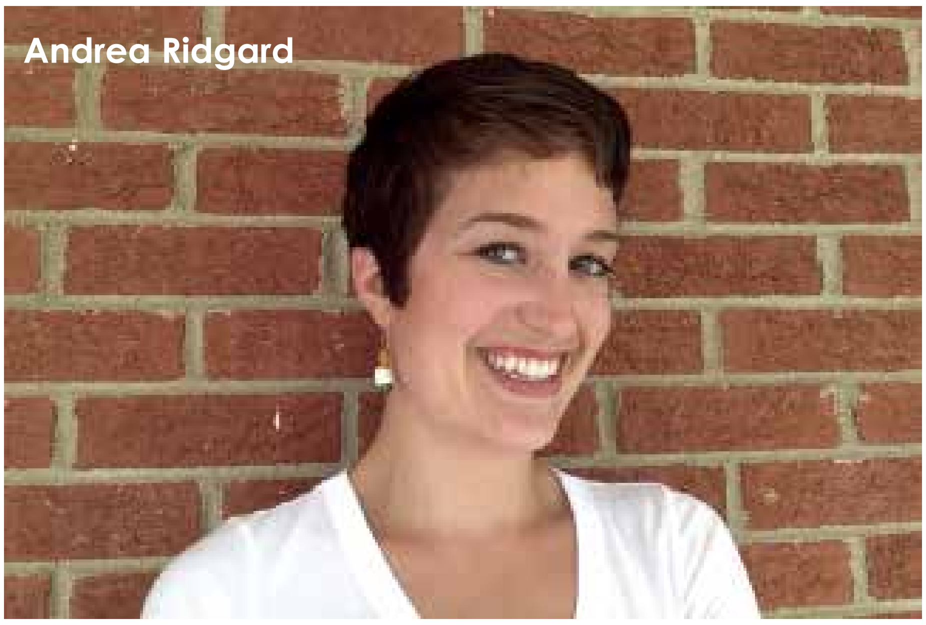
After thinking hard about what she could sell, Celena settled on her beloved Ypsilanti's iconic (and infamous) water tower, knitting its image into dish cloths and sewing felt pieces onto fabric framed in wooden embroidery hoops. The tower has also been turned into a stuffed toy and anthropomorphized with big eyes and a "hair" bow for a female tower or a bow tie for male. Both are adorable. She has branched out into other hoop designs since. (I purchased one depicting a jar of fireflies that made the perfect housewarming gift for a friend who moved to California, where they don't have fireflies.)

After thinking hard about what she could sell, Celena settled on her beloved Ypsilanti's iconic (and infamous) water tower, knitting its image into dish cloths and sewing felt pieces onto fabric framed in wooden embroidery hoops.

Recently, Celena has moved into becoming an independent sales rep for other artists "specializ[ing] in connecting wholesale buyers with artists of trendy paper goods and gift items." She explained to me that with her finding the buyers, the artists can concentrate on creating, allowing them more time to meet product demands.

This hasn't slowed her down too much, though. She still works on her own art while also holding down an hourly part-time job and finds time for outdoor adventuring with her husband, Ben, and their too cute Pomeranian, Asher. This last year, Celena successfully trained for and completed Ypsilanti's Color Run despite the arthritis in her ankle caused by an injury, which just proves this woman will take on anything! And win.

You can email Celena at contact@celenalopez.com and find her online at both diosadelaluna.weebly.com and celenalopez.com, or like her on Facebook at facebook.com/DiosadelaLunaDecor.



Andrea Ridgard

3

A Look at Ayurveda with Andrea Ridgard

The word Ayurveda is made up of two Sanskrit words, 'ayur' (life) and 'veda' (study or science). Andrea Ridgard is a bright and passionate local Ayurveda healer and practitioner who was gracious enough to sit and talk with me. She explained that Ayurveda goes beyond just "the study of life" — it can also mean the study of one's self. As Andrea put it, Ayurveda is "asking yourself 'Who am I?'"

"The base line is the five elements," said Andrea, which are earth, water, fire, air, and ether. They come together in pairs to make the three vital energies called doshas. As a healer, Andrea is looking for what has come out of alignment, something that "feels off," between these energies. She pays particular attention to skin, eyes, and digestion. "A healthy digestion equals a healthy constitution!" (This is why Ayurveda is so frequently tied to diet.) When something feels off, such as sluggishness, sudden insomnia, and constipation, "you're not aligning with yourself."

When a patient sees Andrea for the first time, she has them fill out a form that asks many questions about lifestyle. She told me this is often enlightening for the patient because they start to notice patterns and habits in their lives that they never realized before. Sometimes it's, "Wow! I have no routine!," which can be stressful on a body.

Andrea is not likely to prescribe treatments like taking herbs, which she has less knowledge of. As a hatha yoga instructor (yoga is a sister study of Ayurveda), she is more likely to suggest that a patient practice a certain posture for a 30-day stretch and take notice of any changes that occur in his or her body. She described Ayurveda as a "slow science," not a magic pill. "Patients need to take on some responsibility," she said. "It can be a very big lifestyle change for people to slow down. There's a lot to miss when we're rushing." She sees being an Ayurvedic healer as "an invitation to stand beside someone and help them on their healing." She will refer patients to others who are more capable of helping when possible.

> *Andrea described Ayurveda as a "slow science," not a magic pill. "It can be a very big lifestyle change for people to slow down."*

One simple practice Andrea advises for anyone is to start the day with a cup of hot water. (The amount and temperature is up to how much the individual can stand.) This will warm up the digestive tract, making it easier for the body to process food, and it will ease constipation better than coffee. I started it myself. I'm not a morning person and often skip breakfast. Now I feel more settled and ready for food in the mornings. Try it and see what you think!

Contact Andrea at andrea@groundedhere.com. For more information and a list of her class offerings, head to groundedhere.com.

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Leaps of Faith

Tales of Local Businesses

This is one in a series of articles we've been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

By Mary Runser
Photos by Susan Ayer

The Eyrie –

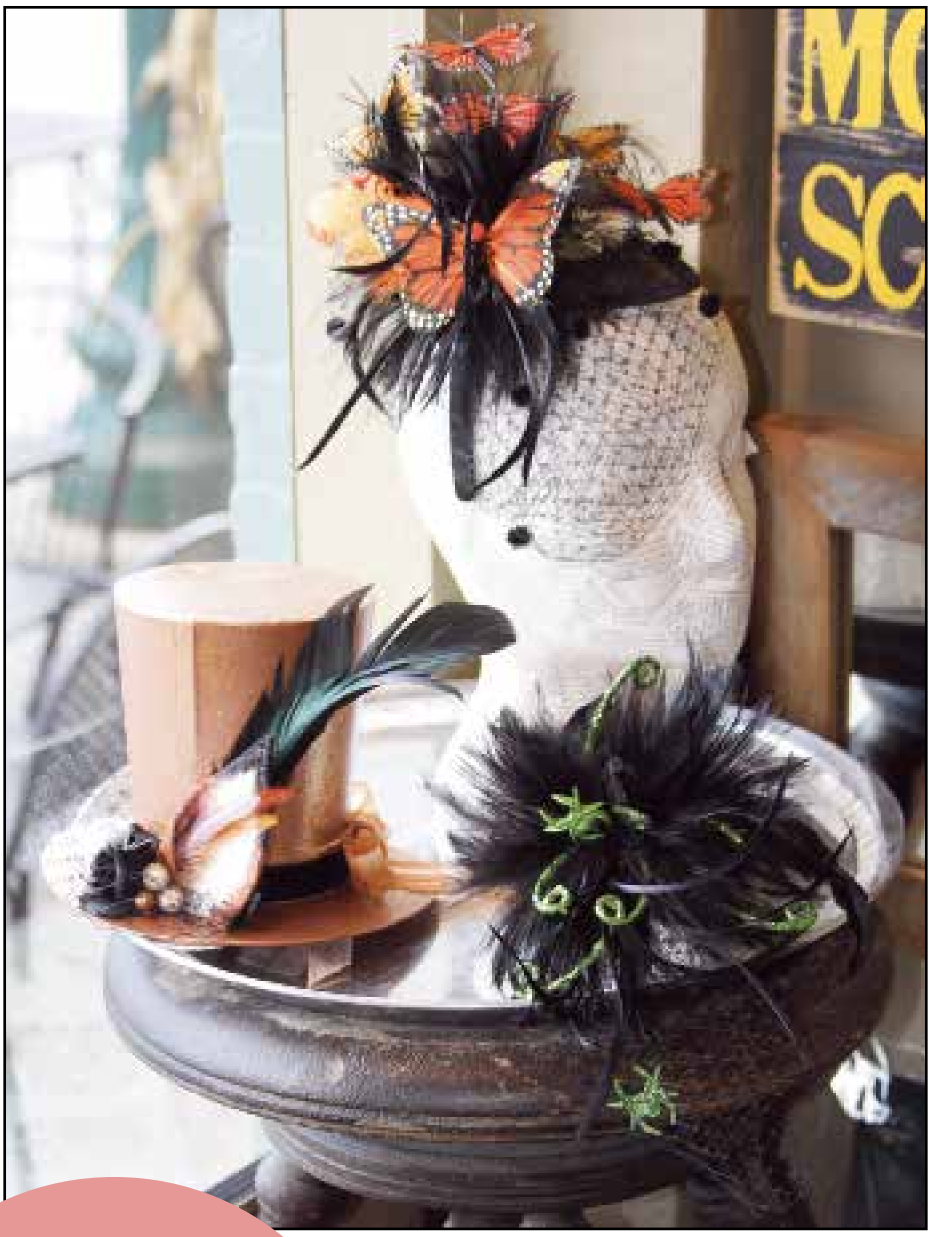
Depot Town's Home for the Work of Michigan Artists and Artisans

The Eyrie
Janette Rook, owner; 50 E. Cross Street, Ypsilanti, Michigan 48198;
(734) 340-9286; www.theeyrie.net

Janette Rook describes her shop as an art and gift shop that features items from more than 220 Michigan artists. Those unique items include jewelry, accessories, greeting cards, photography, pottery, blown glass, handmade candles and soap, and much, much more.

Janette, who is originally from the Lansing area, worked as a flight attendant for Northwest Airlines in Norfolk, Virginia, prior to moving to Ann Arbor in 1998. She continued her career in the airlines industry, eventually becoming a union leader. After gaining years of experience as a union leader, she became union president, just before Northwest merged with Delta. "Delta was a non-union airline and so a major battle ensued. Unfortunately, we lost the union vote by a small margin, and so I decided to leave after that, and went to work with SAG-AFTRA, where I mainly represented and negotiated for the union broadcasters in Michigan."

Soon, Janette began to feel that she wanted to make a change, and she decided that she was going to open her own retail business. Over her years of traveling for work and shopping in different retail shops, she realized how generic everything was becoming and how each shop she visited seemed to be the same as the last. "It's like that because retail shop owners tend to go to the same shows to purchase their inventory items for the year," she explained. Those items are generally mass manufactured leaving little room for diversity or uniqueness in the shopping experience. Janette wanted the focus of her store to be on things that are crafted locally because she believed it would be better for Michigan's economy — and just more interesting.



Janette Rook

> "The incredible people and sense of community here are just a few of the perks to having your own business in downtown Ypsilanti."

Photo from the Eryie Facebook

Motivated by the goal of doing something different, Janette opened The Eyrie in April 2012, at 9 E. Cross Street. The original location received a lot of support from the local artist community, and its success helped The Eyrie establish roots in the downtown Ypsilanti community. But its proximity next to the river, farther away from the hub of activity in Depot Town, was not ideal for attracting new foot traffic. So, in February 2014, Janette moved to the larger and more visible space she now occupies at 50 E. Cross Street. "[At the original location] I did things to try to spruce up the space, including planting flowers outside. A few neighborhood women volunteered to help with the gardening and landscaping, and

> “There are so many people in the area and state creating amazing things. Ypsilanti is just blooming with creativity and talent.”

they made it look absolutely beautiful. I was so grateful for what they did.… The incredible people and sense of community here are just a few of the perks to having your own business in downtown Ypsilanti.”

Another perk is being in a community which appreciates and welcomes a kind of shop that is different from most other retail shops. “About 99 percent of the inventory in The Eyrie is Michigan made,” Janette said. The remaining items are used mostly to add color, fill space, or break up a certain pattern. “When I first moved into this [much larger] space, I thought I had plenty of product to fill it up. I realized fairly quickly that I could throw a bowling ball through the store it was so empty.” Looking around the store now, one can clearly see this is no longer the case!

So how exactly does Janette go about finding the items that fill The Eyrie’s shelves? “I purchase most of my inventory outright, directly from the artists — about 75 percent actually — and then the other 25 percent I get from artists on consignment.” Doing it this way allows Janette to curate a wide variety among The Eyrie’s offerings, and consignment allows her to try items she’s not so sure will sell well. “There are several indie art fairs that are great venues for seeing new work and meeting artists. DIYpsi, the Detroit Urban Craft Fair, DIY Street Fair in Ferndale, and Dally in the Alley in Detroit are just some of the excellent [places] where you can find up-and-coming artists and artisans,” she continued. She said it’s actually really easy for her to find the items she wants to carry. “There are so many people in the area and state creating amazing things. Ypsilanti is just blooming with creativity and talent.”

> “About 99 percent of the inventory in The Eyrie is Michigan made.”

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THE EYRIE
A Michigan Artisan Market
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THE EYRIE

Since opening in 2012, The Eyrie’s customer base has grown significantly. “I think that being in Depot Town so close to the restaurants creates a mutually beneficial atmosphere because people like to shop when they go to eat and drink, and vice-versa. It’s a key combination [for] the long-term vitality of both retail and dining establishments in a given area,” Janette said. The diversity in Ypsilanti also means a wide-ranging customer base for The Eyrie. “What that means is that I have to be able to strike just the right balance, [carrying] items that will be attractive to the middle-American consumer while also carrying those items that speak to and about Ypsi’s more diverse and funky side.”

Janette’s goal with The Eyrie was to create something unique and different, and she has done just that. “I wanted to create something to make me feel good and to make others feel good,” she said. “I feel pretty good every day when I come to work. It doesn’t really feel like work. Even making less money is worth it for the way I feel every day. If I want to do something, I can. I don’t have to check in with someone before trying something new. Almost every day, I get positive feedback and get to meet creators and see their art as well — where else do you get that?”

Feature continued on page 50

Leaps of Faith

Tales of Local Businesses

Feature continued from page 49

Ann Arbor's Tiny Buddha Yoga

Tiny Buddha Yoga
1717 Pauline Boulevard, Ann Arbor, Michigan 48105

Tiny Buddha Boutique
213 South State Street (upstairs); Ann Arbor, Michigan 48104

Risa Gotlib, owner; (734) 926-5040; www.tinybuddhayoga.com; tinybuddhayoga@gmail.com

Risa Gotlib, owner of Tiny Buddha Yoga, knew from a young age that she wanted to be an entrepreneur; her path to getting there just took some unexpected twists. Born and raised in Ann Arbor, Risa went on to attend U-M, where she began her college career as an economics major. "I always wanted to own my own business, or at least be in charge of one. I've been a non-conformist from a young age," she said. However, within the first year of college, she knew that economics was not really the path she wanted to follow. She became interested in psychology and biology, and began a pre-med curriculum, pursuing majors in each, but her goals shifted once more prior to graduation. "I realized again, nearly too late, that I didn't want to be a doctor, but I decided to graduate with those degrees as I was closer to getting them than the economics degree."

> In spring 2013, Risa began doing yoga teacher training and then started teaching classes around Ann Arbor. The next step that came for her was starting Tiny Buddha Yoga Studio, a transition that seemed to take place seamlessly.

After graduating from U-M in 2007, Risa moved to New York, where she would live for the next five years. When asked about her impetus for moving, she explained that having lived her whole life in Ann Arbor up until that point, with three sisters all in the same age group, she felt as if her family knew everyone in town. She found herself simply wanting a change. "I wanted to experience life outside of Ann Arbor and see what it was like to have some anonymity. I didn't have a job or an apartment when I left. I just filled my car up with my belongings, mostly clothing, and left for New York."

Risa's various job experiences over the next five years each provided her with knowledge she would carry into her future endeavors as a business owner. Her most memorable and educational experience was with MOSCOT Eyewear, a family-owned New York institution in luxury eyewear. Three months after Risa started with MOSCOT, her boss, Kenny Moscot, encouraged her to take on a bigger role in the company, and she became Director of Sales for International and Domestic Wholesale. She worked in that position for about one year, getting the opportunity to travel to Europe twice during that time for international tradeshows. When her boss became ill with cancer, prompting management roles to change, Risa decided to move on from MOSCOT's, but not without taking away a lasting appreciation for the guidance and mentorship her boss showed to her. "[Kenny] really was a friend and a mentor to me, and I gained an incredible amount of knowledge about how to run a business and how to treat people while working with him," she said.

> "I've always been into funky yoga clothes and always tried to find the weirdest yoga clothing possible."

Risa Gotlib

While living in New York, Risa also found power yoga. She'd done yoga before, as an alternative to physical education in high school, and she tried another style when one of her sisters began practicing to help her scoliosis.

"I wanted to be like my big sister, and so I started studying Iyengar yoga as well. I liked this style but I was not so committed to it that I had to do it every day. That came later, during my period of time in New York. I'd quit my job, broken up with a boyfriend, and was considering selling everything and moving to India to take yoga teacher training. I realized, though, that I would just be running away from my problems and life if I did this, rather than facing them head-on."

"I'm really not even sure how or when it happened," Risa said. "I just began looking for spaces, and then I signed a lease on a space, and found myself quitting all my other yoga teaching jobs, and in January 2015, I officially opened Tiny Buddha Yoga Studio."

In 2012, Risa returned to Michigan to be the director of sales for a start-up company in Detroit. She left her job after a short time, realizing that it was not what she wanted. In spring 2013, she began doing yoga teacher training and then started teaching classes around Ann Arbor. The next step that came for her was starting Tiny Buddha Yoga Studio, a transition that seemed to take place seamlessly.

"I'm really not even sure how or when it happened," Risa said. "I just began looking for spaces, and then I signed a lease on a space, and found myself quitting all my other yoga teaching jobs, and in January 2015, I officially opened Tiny Buddha Yoga Studio." Risa had a following of students from the various classes she taught, so the studio started strong from the get-go. "I really am so blessed. I have this feeling that I'm like a cat, and I hope that I have more than nine lives because I just told you about six different times when I should have fallen flat on my face but landed on my feet instead." The studio now, according to Risa, runs itself. And with eight other teachers on her staff, Risa will soon have the opportunity to lead her own teacher training. "I want people to be able to bring all of their yoga experience with them, but then to hone it to my style of teaching for the Tiny Buddha Yoga Studio."

With her energy and spirit for achieving, Risa did not shy away from pursuing a new project in addition to the studio. In September 2015, she opened Tiny Buddha Boutique, a yoga clothing store. She got the idea for the boutique when, one day, a yoga teacher from Rasa Flow Yoga came in to take a class at Tiny Buddha and explained that the owners of her studio were relinquishing their space (upstairs at 213 South State Street) and moving to Santa Barbara, California, in May 2015. After learning this, Risa walked outside and immediately called the real estate management company to tell them she'd like to rent the space. In July 2015, she began renovations and opened the boutique in September.

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Risa has always been very passionate about fashion and design, so opening the yoga clothing store seemed like a natural progression…. "I've always been into funky yoga clothes and always tried to find the weirdest yoga clothing possible." That interest has now blossomed into an entire boutique filled with funky yoga clothes. "There's actually a huge fashion trend in yoga clothing with so many cool brands in New York, California, Europe, and South America [making things that are] so beautiful and different, and there's a huge market for it. I'm actually surprised, but happy, that no one else in Ann Arbor has taken on this trend."

Yoga helps you to understand the ways in which your body is supposed to move. The asanas help burn off frenetic energy allowing you to be quiet, to meditate and reflect. There are many other aspects, such as behavior and nutrition, which are all important to the practice of yoga —and to the nurturing of the entire being. Risa tries diligently to address and emphasize all these aspects at Tiny Buddha Studio, offering a place where people can come together to support one another on their journeys to overall health and wellness. While there is much competition in the world of yoga, the most inspiring feedback Risa said she has received about her studio is that it feels like home.

###

Crazy Wisdom

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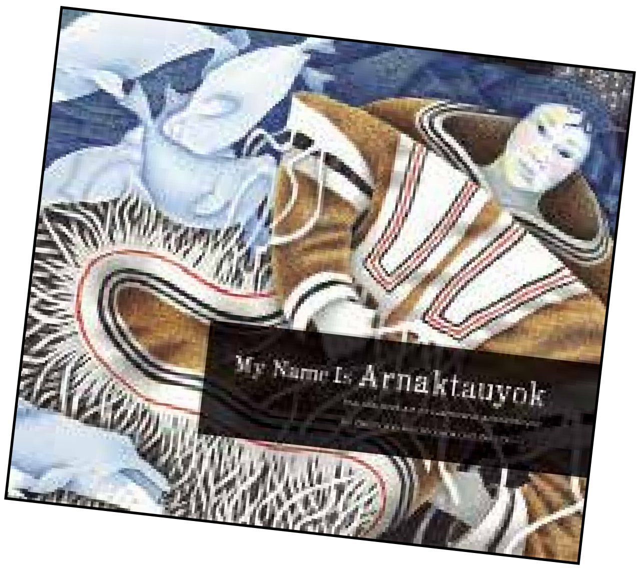

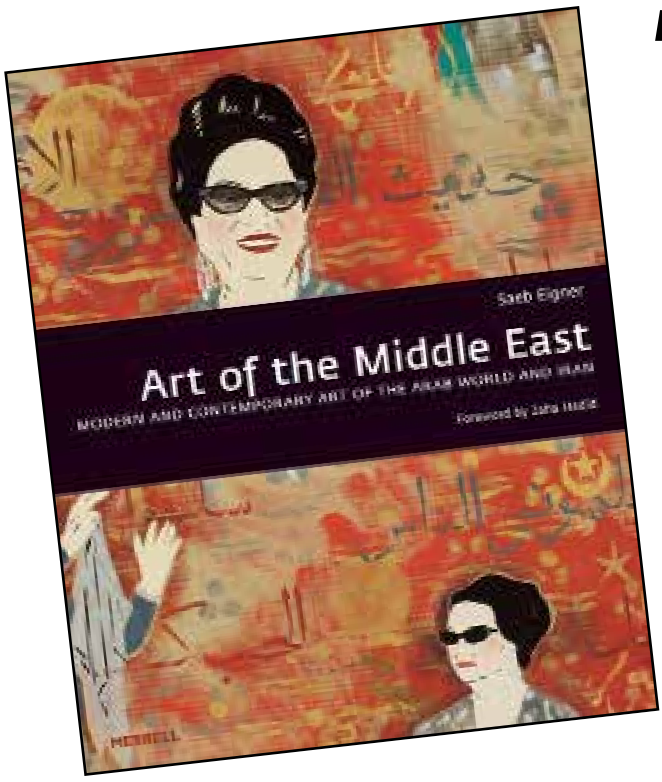

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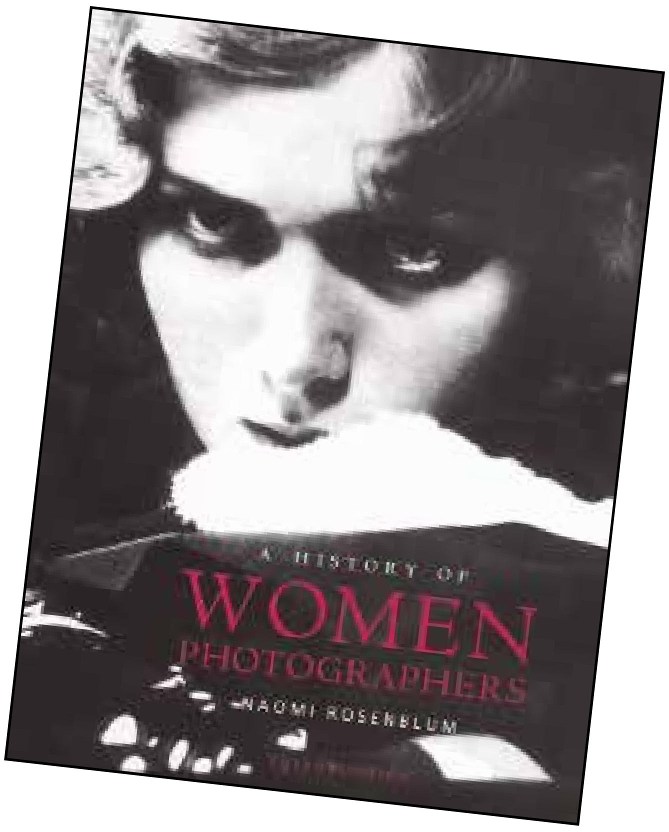

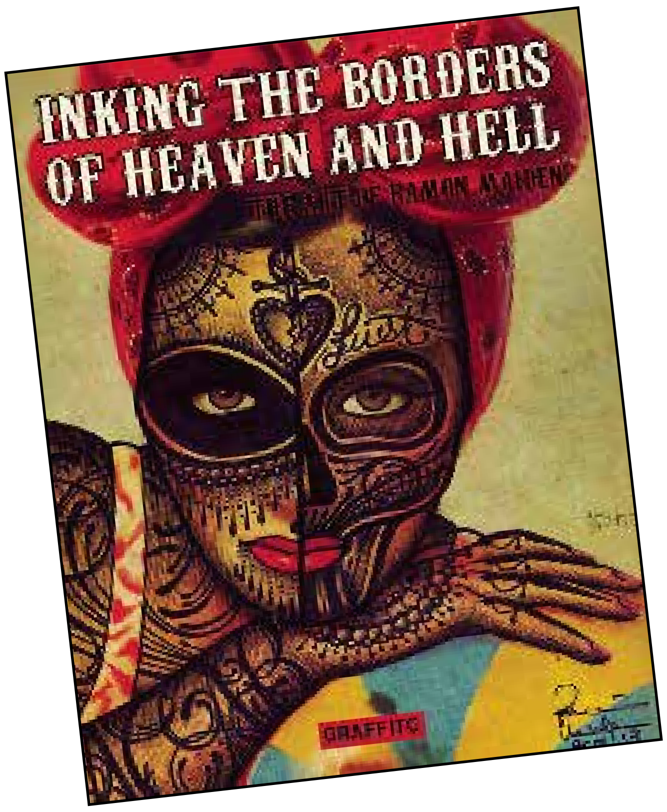

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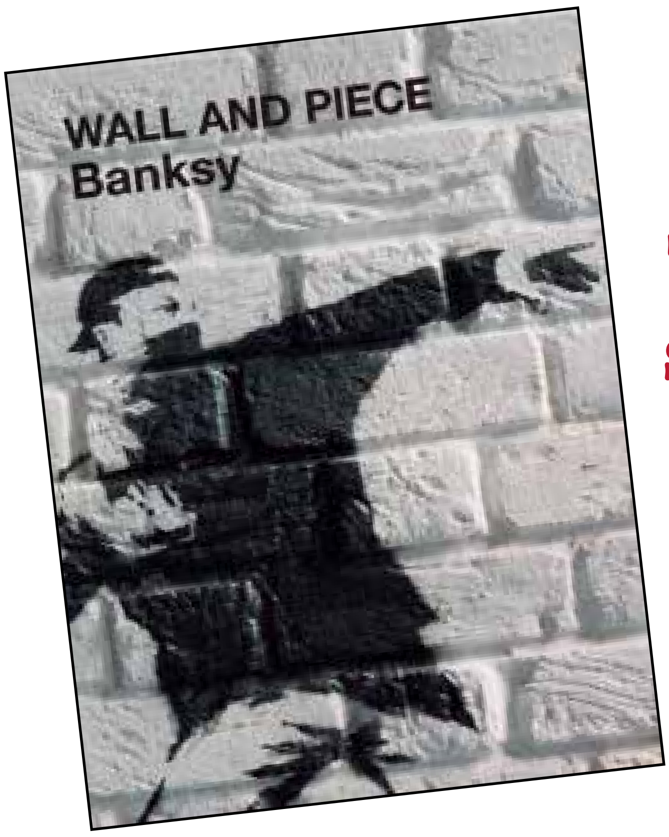

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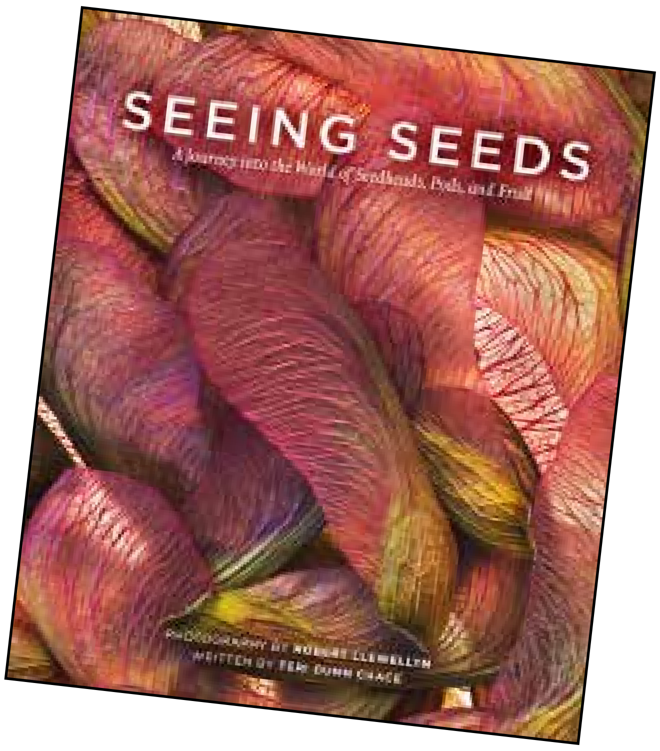
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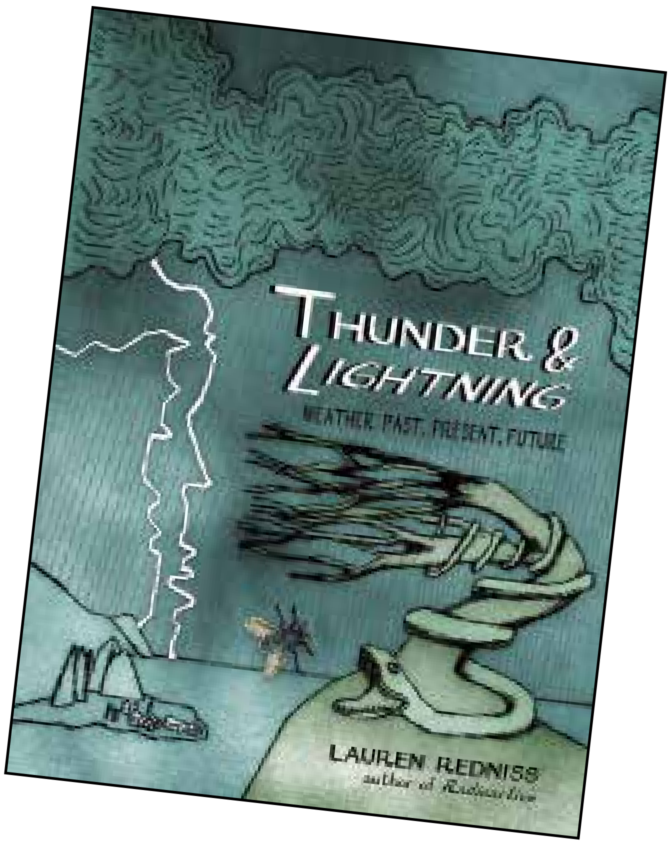

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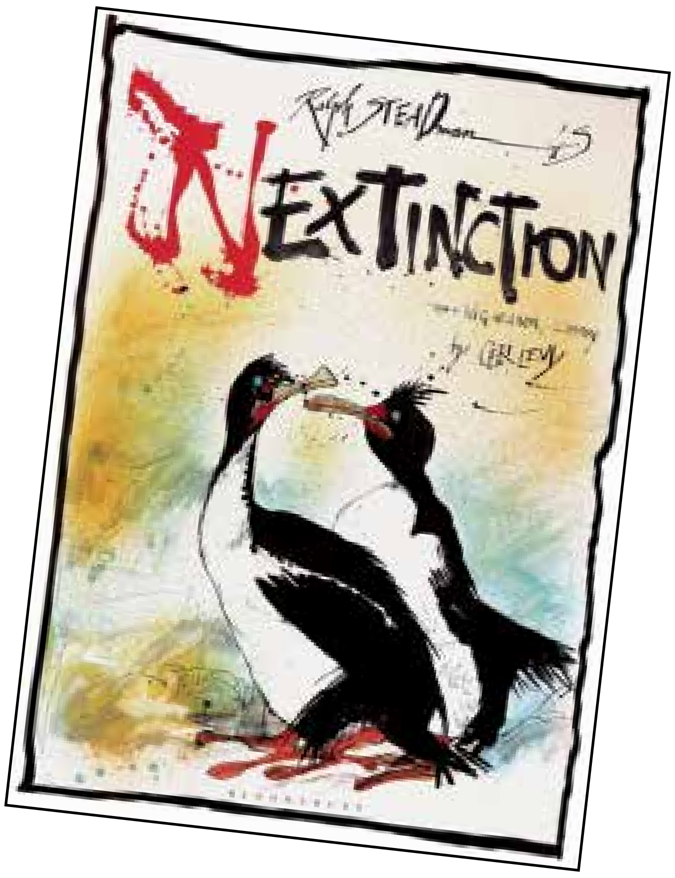

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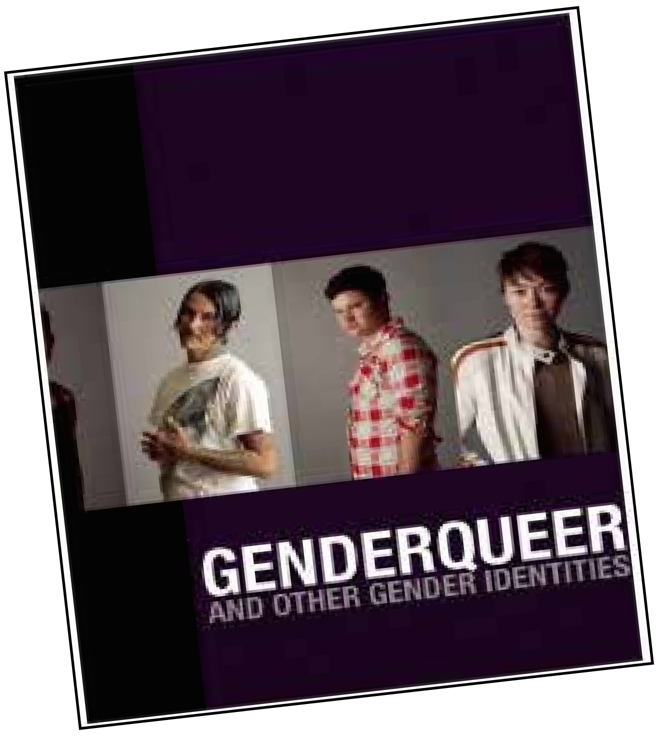

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MUSIC & VIDEO REVIEWS

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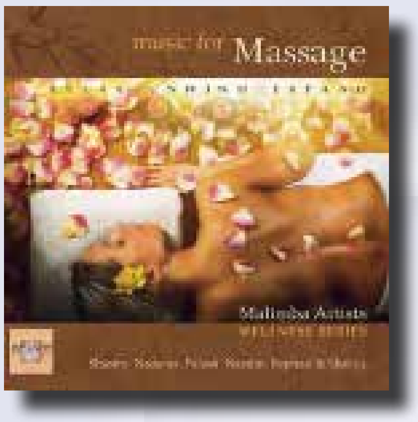

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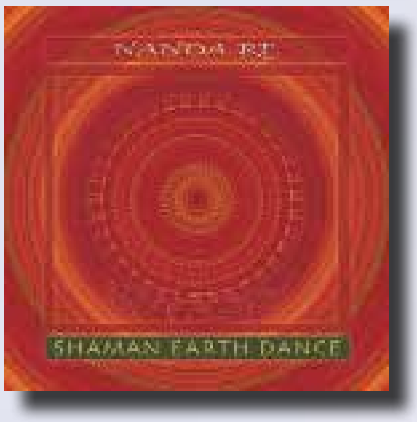

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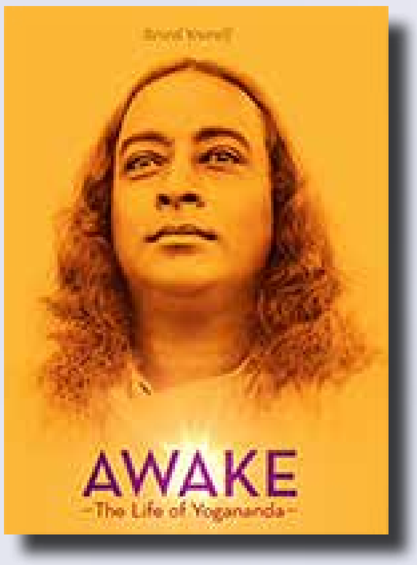

Awake dvd
The Life of Yogananda
This is an unconventional biography about the Hindu swami who brought yoga and meditation to the West in the 1920s. Yogananda authored the spiritual classic *Autobiography of a Yogi* – a best-selling go-to book for seekers, philosophers, and yoga enthusiasts today. He made Vedic teachings accessible to a modern audience. Filmed over three years in 30 countries around the planet, this documentary examines the world of yoga, modern and ancient, east and west, and explores why millions have turned their attention inwards, bucking the limitations of the material world in pursuit of self-realization.
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The Joy of Conversation

Crazy Wisdom Salons
Spring 2016

Mindfulness in Education with Rita Benn, PhD, Sandy Finkel, MPH, and Mary Spence, PhD
Hosted by Bill Zirinsky
Thursday, March 10
The Michigan Collaborative for Mindfulness in Education (MC4ME) is a professional network of educators who share a passion for cultivating mindfulness in students, families, educators, and themselves. (See the feature story in this issue of the CW Journal on this topic, on page 74.) This Salon is about the exciting story of introducing mindfulness to Michigan schools, and there will be an opportunity to converse about what's working and what isn't. Anecdotes and tales from parents, students and educators will be encouraged, and anyone interested in this topic is encouraged to participate in a lively conversation. The three guest speakers are on the MC4ME Board, and each is highly accomplished in her own right. For more info, write Bill@crazywisdom.net.

Religious Freedom and Marriage Equality – Seeking Common Ground with Rev. George Lambrides, Rev. Joe Summers and Nancy Ogilvie
Moderated by Lucinda Kurtz
Thursday, March 31
Now that marriage is legal for same sex couples, some feel that the new law interferes with the free exercise of their religion. We will explore the intersection of marriage equality and faith and the impact this Supreme Court ruling is having on our faith communities. Come join us for a lively conversation and lend your voice to the discussion of this issue. Rev. George Lambrides, Co-Director of the Interfaith Round Table of Washtenaw County; Rev. Joseph Summers, The Episcopal Church of the Incarnation; Nancy Ogilvie, Our Climate Change Legacy. Lucinda Kurtz, M.A. is a Brennan Healing Science Practitioner, and she has hosted over 40 Salons, on diverse topics, at Crazy Wisdom over the last 15 years. For more info, write Lucinda@lucindakurtz.com.

***$2 a Day: Living on Almost Nothing in America* with H. Luke Shaefer**
Hosted by Sandy Wiener
Thursday, April 21
$2 a day is a recent and highly praised book.
H. Luke Schaefer, local co-author, and other presenters, will talk about the face of extreme poverty in America today along with some reasons behind this phenomenon; why traditional jobs are disappearing; and what the future might look like. H. Luke Shaefer is an associate professor at the University of Michigan's School of Social Work and the Gerald R. Ford School of Public Policy. His research has been published in top peer-reviewed academic journals, and the *New York Times* gave his book an "Editors' Choice" designation. Hosted by Sandy Wiener, whose previous Crazy Wisdom salons have been about "Who/What Are We Anyway"; "Science and Psi"; "Lucid Dreaming"; "Permaculture and Bio-Dynamic Gardening"; and "Saving Recess- Children's Need for Time and Space to Play". For more info, write Sandy@swiener.com.

Time for all Salons: 7 p.m.
Crazy Wisdom Tea Room - 114 S. Main St., Ann Arbor
Phone: 734.665.2757
www.crazywisdom.net

Conscious and Tasty Eating and Nutrition

our new section!

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Intentional Leftovers:
Always Cook for More than One Meal
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- C.S. Lewis

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Great Tastes in Local Food

By Crysta Coburn

Back2Roots Bistro

When I am in downtown Ann Arbor, out-of-towners often ask me for recommendations on where they should eat. Ann Arbor's Main Street area offers up a lot of choices when it comes to dining. In fact, if you are looking for an all vegan restaurant, it offers one of the best choices in town — Back2Roots Bistro. Neighboring Vinology and Crazy Wisdom, Back2Roots opened in August 2015 (in the former location of Jazzy Veggie). The space underwent quite a transformation with the opening of Back2Roots. The decorations are simple, the walls painted neutral with pops of color coming from the beautiful paintings, and the furniture is comfortable. The menu at Back2Roots bears a slight resemblance to its sister restaurant, Hut-K Chaats (on Packard), but Hut-K specializes in more Indian flavors. Both restaurants are owned by Dr. Swaroop Bhojani, who came to the world of restaurant ownership from a background in medicine and cancer research. [An article about Dr. Bhojani and his unique journey with food and health was published in issue 55 of CW Journal, available at crazywisdomjournal.com.]

Owner Swaroop Bhojani with his wife, Sumi Bhojani. Dr. Bhojani is on a mission to provide healthy, nutritious food to the community.

> *If you are looking for an all-vegan restaurant, Ann Arbor's Main Street offers one of the best choices in town — Back2Roots Bistro.*

The completely vegan, GMO-free menu of Back2Roots reflects Dr. Bhojani's continuing mission to provide healthy, nutritious food to the community. Many of the ingredients are also served raw, and the added texture is a delight, from crunchy bok choy to soft soba noodles. I eagerly dug into the delicious Asian Dragon Bowl, composed of sautéed vegetables and topped with a lovely array of greens and a sweet Asian marinade, while my fiancé opted for the more conventional Southwestern Black Bean Burger with a side of chili. As promised by the menu, both dishes were packed with bold flavors that blended together magically.

During the meal, a smiling server stopped by our table with a sample of one of their signature beverages — the Power of 7, a fresh blended juice of baby spinach, baby kale, baby chard, rice milk, pineapple, dates, and limes. I also sampled the mango smoothie. I liked them both so much that I was a little sorry I hadn't been bolder when we were seated and ordered one of them. Instead, I had opted for a hot cup of Assam tea, though I was tempted by the Darjeeling. (Confession: I love tea! And I especially love when I am offered choices beyond the simple black or sweetened you find at most restaurants.) Back2Roots also offers a short list of "rotating elixirs," like thyme and raspberry, dandelion and lime, coconut and tulsi, and chrysanthemum (ask your server which are available during your visit).

Back2Roots delivered an all-around enjoyable dining experience, and is a must-try (even for non-vegans)! Simply put, you will feel good eating the food. The body knows what's good for it and will respond to what's put into it accordingly, but sometimes the taste buds take charge and lead us astray. Thankfully, at Back2Roots, this is not an issue. Among a menu of options crafted with your nourishment and health in mind, your taste buds can only serve you well. (And they will be happy, too!)

Back2Roots is located at 108 South Main Street in Ann Arbor. Their hours are Monday through Saturday from 11 a.m. to 9 p.m. You can peruse their menu online at www.back2rootsbistro.com.

Salads Up

It is a boon and a compliment to a city when its graduates choose to stay after graduation. So much more so when they open a business and add to the flavor of the community. Salads Up, located next to the Michigan Theater on Liberty Street in Ann Arbor, is just such a blessing. Owners Robert Mayer and Max Steir graduated from the University of Michigan in 2013 and opened their restaurant's doors in December of 2014.

Picture a Coldstone Creamery, only instead of ice cream, it's salad. (Bear with me.) You can choose one of their pre-designed recipes, like the Heapin' Harvest, which consists of romaine lettuce, roasted chicken, sweet potatoes, organic barley, red

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Grillcheezerie
Sandwich Shoppe

onion, and green apple — or you can build your own. Whatever you choose, the person behind the counter will make the salad fresh — first combining all the ingredients in a large mixing bowl, then moving to the next station to chop and mix all the ingredients together. (Now do you see the Coldstone connection?) Once mixed, the ingredients are then added back to the bowl and tossed with the dressing of your choice. If you order it to go, the salad is scooped into a plastic to-go bowl with a lid that will keep your salad fresh in your fridge for days (I'm not exaggerating). If you're eating in-house, the salad is put into a re-usable bowl so you can take the rest home for later. We're not talking side-salad size — this is a meal! (Or three.)

If you order it to go, the salad is scooped into a plastic to-go bowl with a lid that will keep your salad fresh in your fridge for days (I'm not exaggerating).

There are a few beverage options, such as the house made cold-pressed juices, which are divided into four types: Up1 (watermelon, apple, mint); Up2 (kale, pineapple, cucumber, celery); Up3 (carrot, orange, ginger); and Up4 (beet, pear, lime). For dessert, Salads Up offers Greek frozen yogurt.

Despite being a salad place, Salads Up is not all vegetarian or vegan. The Heapin' Harvest includes roasted chicken and the Beef'd Up has steak. You can also choose shrimp or strips of turkey bacon. I don't think I have ever had steak on a salad before, but I enjoyed the Heapin' Harvest so much that I feel pretty confident these people know what they're doing, and I am willing to give it a try.

Salads Up is a unique and healthful addition to the Ann Arbor foodscape. Service is quick and seating is ample. You may also order ahead of time for pick-up if you are low on time. If you don't want to make the salad the entire meal, or are headed to a pot luck, I would suggest getting a salad to-go. There is more than enough to share with a small group, and any Salads Up option is bound to be more nutritious than potato salad.

Find Salads Up at 611 E. Liberty Street in Ann Arbor and online at www.saladsup.com. They are open Monday through Saturday from 11 a.m. to 10 p.m., and 12 p.m. to 9 p.m. on Sunday.

Grillcheezerie Sandwich Shoppe

One of my favorite friend gatherings is "Fancy Grilled Cheese Night." Every now and again, a few friends and I get together to create grilled cheese sandwiches that go beyond simply buttered bread and cheese. Fancy grilled cheese sandwiches are pretty easy to make at home, but gathering special ingredients like fontina cheese, braised beef or oven-roasted Dearborn ham, caramelized onions, tomatoes, and parsley pesto takes planning and maybe a special trip to the grocery store.

The Grillcheezerie Sandwich Shoppe to the rescue! The cheese is fresh off the block (how many of us bother with block cheese when we grill sandwiches at home?), the chicken is free range, and as many ingredients as possible are sourced locally. The pickles are McClure's (Detroit), the potato chips are Great Lakes (Traverse City), and next to the cans of Coke you will find Vernors and bottles of Faygo. (I only wish they called it pop rather than soda.)

Any style of grilled cheese sandwich can be found on the menu. For the mushroom lover, there's the Shroom, stuffed with Muenster and goat cheeses, roasted wild mushrooms, and parsley pesto on whole wheat bread. (For a dollar more, you can substitute with gluten-free bread, which is really quite tasty! It crisps up perfectly, and I didn't notice much difference from conventional wheat bread.) The first sandwich I ever tried at Grillcheezerie was one I built myself: Muenster, chicken, caramelized onions, and mushrooms. Building your own sandwich is probably the most fun, even with signature items like the Honey Apple, the Mighty Beef Melt, and S'Mac and Cheese. Yes, it's a grilled cheese sandwich with macaroni and cheese on it.

If you like mac and cheese, you don't have to get it between two slices of bread. The Grillcheezerie also makes its own fancy mac and cheese as well as some delicious soups. Their roasted garlic tomato is some of the finest around. For dessert, I recommend the s'more bread pudding because after a meal of classic American grilled cheese, mac and cheese, and tomato soup, it doesn't get much more comfort foodie than s'mores or bread pudding.

The cheese is fresh off the block, the chicken is free range, and as many ingredients as possible are sourced locally.

There is enough seating inside the Grillcheezerie to accommodate a few small groups, and parking spaces can be found out front on Packard and State streets or for free in the adjacent neighborhoods. I personally love that they deliver. Many times now I have been rescued by a hot grilled cheese sandwich and soup while stuck alone at work. Order through the website or over the phone.

Grillcheezerie Sandwich Shoppe is located at 709 Packard Street in Ann Arbor, near the corner of State and Packard. Find them online at www.grillcheezerie.com or give them a call at (734) 368-9229. Hours of operation are 11 a.m. to 11 p.m. Sunday through Thursday, and 11 a.m. to 1 a.m. Friday and Saturday.

Conscious Eating & Nutrition

Eve Aronoff's Frita Batidos

Continuing to Bring Cuban Culture to Ann Arbor Five Years After Opening

Article by Chelsea Hohn • Photos by Susan Ayer

A flurry of trays bursts through a tiny door into the dining area of Frita Batidos, the Cuban-inspired restaurant created by Eve Aronoff. Everything is white — the painted brick walls, the picnic tables, the floors — but the room is vibrant. It's a Wednesday night, and every single picnic table is full of guests. Pops of color come from the food and drinks around the room and mesh bags filled with limes used as accents for each table. Music fills the rare holes in conversation, and a shuffle of college students, families, and tourists add to a line that is quickly approaching the back of the restaurant.

The staff at Frita Batidos moves full speed ahead to manage the flow, all while maintaining a steady hand and calm demeanor. This is what happens when a restaurant is managed with the precision and specification of chef and owner Eve Aronoff. She has carefully fostered this environment of "artful chaos" since opening the restaurant in 2010.

And things haven't slowed down. The traffic has steadily grown since Frita Batidos opened its doors, and the staff (some of which who have been there since the first year) have adapted, never compromising the quality of the service or food. Not surprisingly, Frita Batidos has become an Ann Arbor staple.

"Those two together sounded amazing to me," said Aronoff, "and I thought, Frita Batido.... Frita Batidos!"

The restaurant was largely inspired by Aronoff's love of Cuban culture and passion for taking care of people — a philosophy that was instilled in her as a young child. It was also about creating something special and personal, and cultivating not just a *sense* of community, but a genuine community that starts with the restaurant staff and extends to the guests. Attentiveness to detail is equally important to Aronoff, whether it's making sure her ingredients are top quality and locally sourced or maintaining Frita Batidos' characteristic spirit and playful atmosphere by bringing in elements of Cuba.

Aronoff fell in love with Cuban culture after spending time in Miami and wandering through the many food markets there. Continuing to follow her curiosity, she read more and more about the country's culture and history. She stumbled upon the "frita" and the "batido" separately, but the "frita," which was described as a burger made with chorizo and shoestring fries, seemed like a most delicious fit with the "batido," a blended shake-like beverage.

"Those two together sounded amazing to me," said Aronoff, "and I thought, Frita Batido.... Frita Batidos!" she laughed, pointing out that it isn't even grammatically correct. The name stuck, though, and her mind had already been made up — before she had even tried either dish.

It wasn't until a month before Frita Batidos was set to open in 2010 that Aronoff tried fritas for the first time when she traveled to Miami to conduct taste testing. "I went with my mom and we ate eight fritas that day," she said. But they were much different from what she was expecting. Traditionally, the frita is served on a grocery store hamburger bun (a far cry from the homemade brioche that she serves at her restaurant), and is topped with potato sticks and American cheese. The whole burger was much saltier than she imagined it would be. "I thought, I'm really glad I didn't try this years ago because I probably wouldn't have pursued this," she said with a laugh.

Frita Batidos isn't a traditional Cuban restaurant, and it isn't shy about that.

But Frita Batidos isn't a traditional Cuban restaurant, and it isn't shy about that. The menu is really more about Aronoff's impression of the culture and how it has influenced her personal style of cooking in imaginative ways.

The spirit of Cuban culture made the biggest impression on Aronoff, and she's brought that into the space of Frita Batidos through small and playful details. The communal tables, for example, encourage conversation between guests and often spark conversations among strangers. Guests can also play a game of dominoes, the national game of Cuba and an activity commonly played across parks in Miami.

The ordering window at Frita Batidos is also an attribute that was inspired by Cuban culture, where guests customarily order through an open window at restaurants. For Aronoff, this was a must-have feature for Frita Batidos. She admitted that in Michigan the window doesn't get as much use as she would like it to, but it's these type of details that have become the defining elements of Frita Batidos' charm.

When creating the restaurant, Aronoff also thought back to one of her first jobs — working as a hotdog vendor at Fenway Park in Boston. The convivial nature of that job was quite different from what she experienced while receiving formal training at Le Cordon Bleu in Paris. She finally realized with Frita Batidos that she could bring all of these things together. "The spirit of the hotdog car, the attention to detail, the passion I have about food and taking care of people, the way I was brought up — bringing those together to create their own thing — that's Frita Batidos."

> "The spirit of the hotdog car, the attention to detail, the passion I have about food and taking care of people, the way I was brought up — bringing those together to create their own thing — that's Frita Batidos."

Another practice she took to the restaurant's kitchen was something she learned in childhood. Aronoff grew up with a mother who loved to cook, and in a way that often resulted in Aronoff trying more food than she ended up eating. At Frita Batidos, any dish being made has to be tasted by at least two other people than the person who's making it — again, creating an inclusive environment even in the back of the house. She also caught on to her mother's caring spirit, after seeing the joy she would get from taking care of her children. Aronoff recalled that if she and her siblings all wanted four different dinners, her mother would make four different dinners. If all of them finished and were still hungry, another dinner would be on the way. If she was sick, her mother would call and ask what she wanted — "Richie Rich comic books and tomato soup," she laughed. Her mother's care ended up being the biggest culinary influence for Aronoff.

> Frita Batidos is about creating something special and personal, and cultivating not just a sense of community, but a genuine community that starts with the restaurant staff and extends to the guests.

Running a successful restaurant is difficult enough, but for one that values customer service, food quality, culture, and sustainability in the way that Frita Batidos does, challenges must be met with a certain amount of creativity.

"We know what our values are. We see how close we can come to that without [ignoring] the practical concerns we have as a restaurant, and just keep trying to work to get closer and closer to meeting those values," Aronoff explained. Their values are hardly compromised, which only adds to the number of struggles that come with having high standards. In addition to sourcing locally for ingredients, all of their utensils are from Green Safe Products in Detroit, added the kitchen manager, PJ Johnson.

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Sourcing locally means supporting local agriculture, but small farmers have to sell produce at a higher price point, resulting in a higher price for menu items. "You have to find a way for guests to appreciate that and understand why this might be a little more expensive but still be a great value for all the different kinds of taste," said Aronoff.

Even space can be a challenge; the Frita Batidos kitchen is tiny, and there is only one door. "Everything comes in the front door and out the front door," Aronoff laughed. They have added onto the kitchen since opening, and the workflow has become much smoother, and they continue to fine tune the processes as they go along. This is part of what Aronoff thinks makes a good chef and what's necessary to run a successful restaurant. Being open to critiques and using them to create positive change is part of the daily life at Frita Batidos, from listening to customer feedback to having weekly staff meetings that build community within the restaurant.

"Is there any way we can make it a little bit brighter in here?" a woman sitting at one of the many tables inside of Frita Batidos asks one of the servers. He politely says yes, and within a few minutes the lights slightly brighten. The woman goes back to the group she's with and continues to eat.

Cultivating a community in a small space takes more than just sandwiches and the right décor — it takes dedication to creating that atmosphere and making it the foundation around which everything else is built. Aronoff and her team make a point to build a staff that shares similar values — people who are passionate and view paying attention to details as rewarding rather than burdensome, and people who generally enjoy taking care of others. Frita Batidos successfully bridges the gap between high quality food and an informal setting, while managing to support local agriculture and uphold an environment where guests feel comfortable asking one another to pass the salt. It is no wonder the line frequently extends towards the back of the restaurant.

"This is where I take people when they come in from out of town," one man says as he devours a plate of fries. Meanwhile, another guest walks in.

Frita Batidos is located at 117 W. Washington Street, Ann Arbor, Michigan 48104. You can view the menu on their website at www.fritabatidos.com.

The Hidden Cost of MSG Derivatives

A Q&A with Jenna Wunder, Registered Dietitian

Q. For many of us, the verdict on MSG is still not clear. We hear that some of it is naturally occurring and therefore not dangerous; that only those with a sensitivity are susceptible to reactions; that avoiding products labeled as containing MSG is enough to steer clear of it, and so on. Please help us navigate some of this information by giving us a quick rundown on what MSG is and what's dangerous about it.

A. The conversation about MSG is confusing, even for trained nutritionists. Let's start with a short discussion about amino acids and proteins.

Glutamic acid is a non-essential amino acid, meaning that our bodies produce it naturally. Amino acids are the building blocks for proteins. They are necessary for building muscle, organ, and all body tissue, and they also aid in digestion. Glutamic acid is produced in the brain and is vital in the transmission of nerve impulses. Virtually every food contains glutamic acid. It's a primary component of protein-rich foods like meat, eggs, poultry, milk, cheese, and fish. Glutamic acid is also found in plant foods.

In whole, natural foods, amino acids are almost always "bound" in long chains, forming proteins. "Unbound," or "free glutamic acid," is artificially and chemically produced outside of the body. This is what is known as monosodium glutamate (MSG), or processed free glutamic acid.

In chemical plants where MSG is manufactured, bound glutamic acid is broken down into a fast-acting, high-hitting powder resembling other refined white powders, like salt and sugar. Serious inflammatory reactions can occur as the free glutamic acid is absorbed rapidly.

The reason MSG tastes good as a flavor "enhancer" is what makes it toxic. It tricks your taste buds, and as it excites neuron receptors, it becomes toxic and inflammatory, causing a range of health effects. MSG is not a food, and neither are its derivatives; they are "excitotoxins."

> These kinds of chemical additives, "natural" or not, standardize tastes and are designed to keep you coming back for more!

What are some of the common reactions it causes?

In those who are sensitive (up to 25 percent of the population, according to current estimates), the health effects can be wide ranging: cardiac, circulatory, neurological, gastrointestinal, respiratory, skin, and urological.

In my clinical practice as a registered dietitian, I always say that every body responds differently. I might respond with heart racing, insomnia, and headaches, while someone else may respond with digestive concerns like diarrhea and/or constipation, rashes, mental fog, anxiety, chronic congestion, or even weight gain. The list goes on. The effects are cumulative, so sometimes people who are otherwise healthy don't realize that part of their distressing health symptoms are related to free processed glutamic acid floating around the body.

For you, the reactions were still occurring even after you thought you had eliminated MSG from your diet. What was happening?

In 2013, I was in the middle of a health crisis. Suffering with a racing heart, migraines, and severe chronic insomnia night after night, I knew I had to get to the bottom of what was causing my issues. I knew I was sensitive to MSG, having previously discovered it contributed to migraines and insomnia, but I thought I had already cut it from my diet.

Desperate to help myself, I Googled "other names for MSG" and found a document called "Hidden Sources of MSG" (which can be found here: www.truthinlabeling.org/hiddensources.html). This article enlightened me to the fact that MSG, or processed free glutamic acid, is also in at least 40 other ingredients. As a society, we are unaware of this incredibly pertinent information!

Why is simply buying organic or avoiding products labeled as containing MSG not enough?

Organic labeling or where you buy these foods doesn't matter. I have many patients tell me "but I only shop at Whole Foods" or "but it's organic." Unfortunately, "natural flavor" (which can be one of the names of free processed glutamic acid) remains "natural flavor" even if it is from a carton of organic chicken broth.

Tropicana orange juice is another example. Why can it contain oranges from anywhere, from any time of year, and always have the same taste? Because of a test tube of Tropicana "natural orange flavor" that was made in a laboratory. These kinds of chemical additives, "natural" or not, standardize tastes and are designed to keep you coming back for more!

What are some common ingredient names that people should watch out for?

I keep this document in my purse: www.truthinlabeling.org/hiddensources.html.

I can be found teaching fellow shoppers about this topic at grocery stores on the fly. The most important action is to read labels. Anything that you can't pronounce is a potential hazard.

- Anything "hydrolyzed" or "autolyzed"
- Anything containing "enzymes"
- Whey protein — watch out for protein powders and protein bars
- Maltodextrin
- Anything that contains "natural flavors"
- Carton broths and bouillon
- Reduced-fat milk products (skim, part-skim, ½ percent, 1 percent, or 2 percent)
- Anything "fermented," especially commercially fermented
- Vinegar (for highly sensitive people)
- Most soy sauce
- Yeast extract
- Carrageenan

The list goes on.

How has your diet changed?

My diet has changed exponentially. Now I eat a strict whole foods diet that, for the most part, I cook myself. I buy high-quality animal products, ones where cows have been 100 percent grass-fed and chickens have been pastured and fed organic feed. I buy full-fat, raw milk dairy products from the Family Cooperative Farms here in Ann Arbor. I buy high-quality animal products from Arbor Farms on Stadium. I eat out in only a few select restaurants in town (Zingerman's, Grange, EAT, Frita Batidos, and El Harissa have many safe and delicious options), and I make sure that my food is free of gluten and preservatives.

My health crisis was two years ago. I have become my own research study on how to avoid free processed glutamic acid in totality. In the meantime, I am healing my gut using a homemade, whole foods diet that includes meat broths, plenty of high-quality animal-based saturated fat, fruits and vegetables, and small amounts of grains.

> The most important action is to read labels. Anything that you can't pronounce is a potential hazard.

What are some more examples of foods that don't contain free processed glutamic acid?

Whole, unprocessed foods: high-quality, unprocessed meat; fruits and vegetables; whole, gluten-free grains; raw and organic nuts and nut butter; raw dairy and dairy products from exclusively grass-fed cows. Whole Foods sells sliced turkey breast and unprocessed ham at their deli counter. There are cheese manufacturers who don't add enzymes to their dairy products. Homemade meat broths that have been cooked for shorter amounts of time (4 to 6 hours) are also a wonderful choice. (Cooking broths for longer times increases the glutamate content, which may cause sensitive people to have a reaction.) I am forever grateful for the companies who don't add MSG derivatives to their products. They are heroes in my life.

MSG derivatives can be one of the pieces in your health and wellness puzzle. After going through my own health crisis, I am determined to help others experience the wellness that is available through conscious dietary choices and sustainable changes.

Let food be thy medicine.

Jenna Wunder is a registered dietitian and Certified GAPS practitioner at Natural Balance Wellness Medical Center in Ann Arbor. To contact her, call (734) 929-2696 or visit the clinic website: www.nbwellness.com. For more information on MSG derivatives, visit www.edenfoods.com/articles/view.php?articles_id=207. www.truthinlabeling.org/hiddensources.html. (See Ad on Page 61.)

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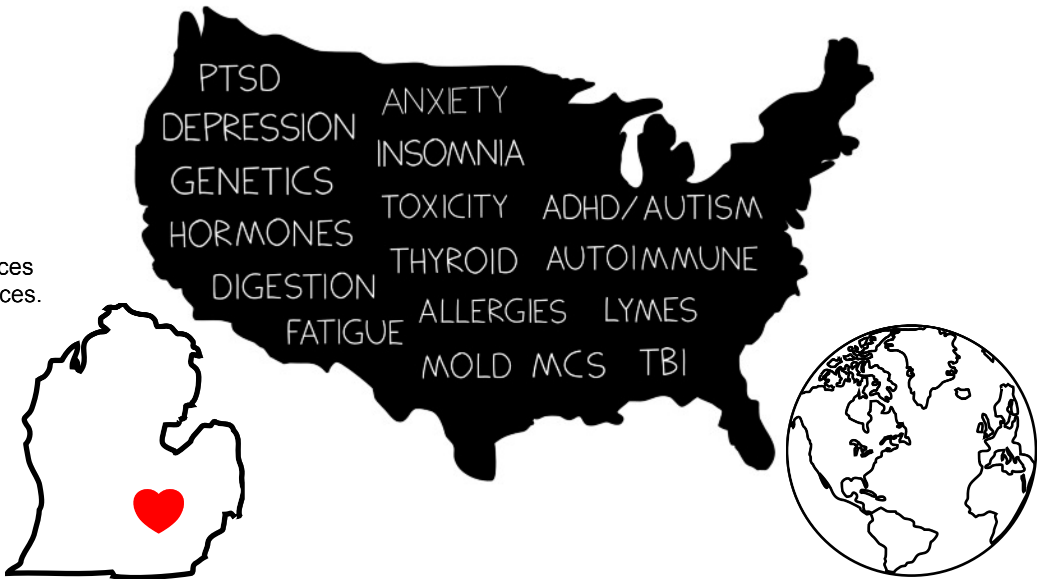

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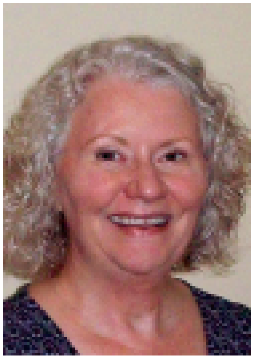

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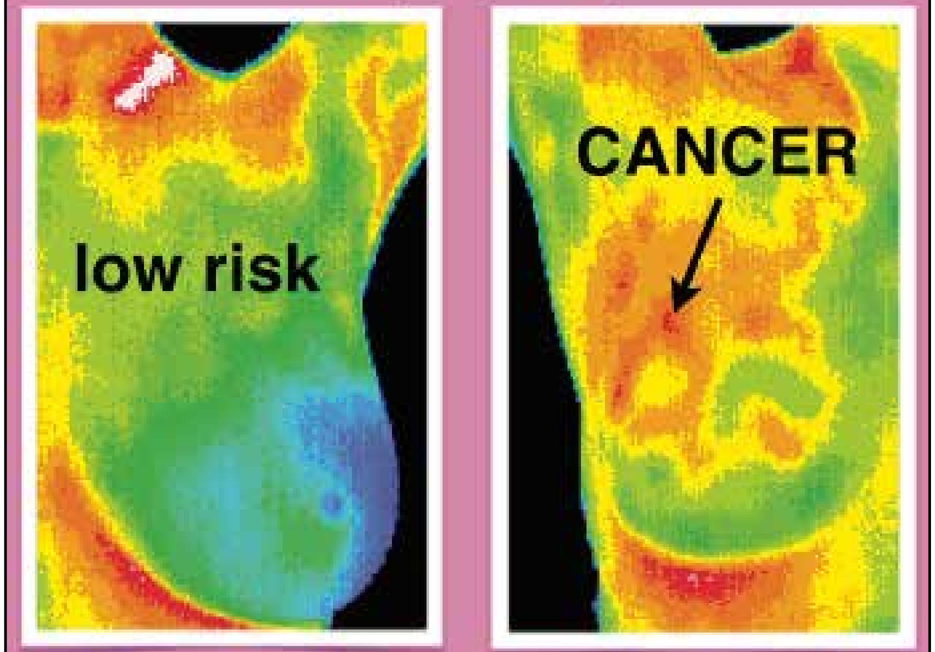

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THE CONSUMMATE MULTITASKER OF THE BODY

How to Keep Your Liver Running Smoothly

What follows are two articles on the importance of a healthy liver. Though the articles do mildly overlap, they approach the issue in different ways, and taken together we're hoping to give our readers a framework, and some nuggets, of useful information about the liver to retain and benefit from. The first article is by Linda Diane Feldt, a highly respected local herbalist and holistic health practitioner who has been practicing in town for 40 years. The second article is by Logynn Hailley, a freelance writer who often focuses on health and wellness.

The Consummate Multitasker

By Linda Diane Feldt

The liver is the consummate multitasker of the body. With over 500 functions, the liver is constantly at play to cleanse, store, purify, transform, and support. All we need to do is support the liver, and it will do its work. Somewhere along the line, holistic health care started promoting people actively "cleansing" or "purifying" the liver, as if we could do a better job directing these critical tasks.

In almost all cases, the liver is already doing what it needs to do, and it is doing it brilliantly and thoroughly. And, like all organs and systems of the body, nourishing support would do more to positively affect liver functioning rather than unproven and sometimes dangerous "cleanses."

With over 500 functions, the liver is constantly at play to cleanse, store, purify, transform, and support.

The liver needs to move blood through it — every minute or two a liter of blood flows through the liver, and 10–15 percent of your blood volume is in the liver at any given time. Lemons, artichoke, dark green leafy vegetables, celery, beets, and bitter foods are just a few examples of foods that can help blood flow. Garlic, onion, and other alums also have a special role in keeping things moving and healthy in the liver. For best results with garlic, you need to crush the cloves and then wait at least 10 minutes for the chemical reaction that forms. You can then cook with the garlic, or use it raw.

Avoiding processed foods, fried foods, trans fats, and added chemicals will also be beneficial. Poor quality or rancid oils are also problematic. Olive oil and coconut oil have positive effects for the liver. At a time when my liver was very stressed from a chronic health condition, I found that simple soups with lots of lentils or other beans, dark green leafy vegetables, other garden veggies, and simple vegetable stock (or adding miso after cooking) were very helpful and easy to digest.

It is common knowledge that overconsumption of alcohol is harmful for the liver. It is also important as much as is possible to avoid toxins in all forms — what we eat, drink, inhale, and apply topically.

Milk thistle seed (*Silybum marianum)* extract, or tincture, is considered a liver cleanser according to the popular literature. It actually protects the liver from damaging toxins, and may also help repair the liver — supporting the constant regeneration of the liver. The tincture made from the seeds can be added to water and used preventatively or for active liver concerns.

Dandelion (*Taraxacum officinale)* as a food and extract nourishes the liver and provides some of the best liver support for liver functioning. All parts of the dandelion can be used. Include dandelion leaves as a pot green, in salads, added to sauces, as a homemade herbal vinegar, even baked in filo dough as a substitute for spinach in Greek recipes. I've had some of the best dandelion greens in Greek restaurants, simply cooked with olive oil and garlic. The flowers can be made into wine, which has a lemony taste and can also help with digestion. In winter or if you find it easier, a tincture of dandelion leaves and roots can be used in water.

Turmeric (*Curcuma longa*) may be able to reverse some liver cirrhosis, as well as to prevent liver damage. It has many other substantial health benefits including being an excellent anti-inflammatory. The root is used in cooking, but for regular intake, a root extract can be taken daily with water.

There are hundreds of other herbs and foods that can benefit the liver. This is just enough to get you started in providing liver support and nourishment. The combination of avoiding what stresses the liver and taking care of your health with liver nourishing herbs will give you immediate benefit.

Liver disease is a serious and sometimes life threatening condition. If you believe there may be something seriously wrong with your liver, you should talk with a medical practitioner right away. A holistic approach can include herbs and food.

Linda Diane Feldt is a local holistic health practitioner "providing an integrated approach to holistic health care since 1980," with a focus on hands-on bodywork including massage (1973), polarity therapy (1979) and craniosacral therapy (1982). She is also a writer, teacher, and herbalist. Visit holistic.lindadianefeldt.com.

Dandelion (*Taraxacum officinale*) as a food and extract nourishes the liver and provides some of the best support for liver functioning.

The Disease Prevention Organ: The Most Important Thing You Didn't Learn in Health Class

By Logynn Hailley

I remember once I had a biology teacher who was giddy about discussing the "millions of chemical processes" in the body. But when we learned about the roles of each organ, the liver was described as if it were a simple filter on a vacuum cleaner. It was there to "remove toxins from the blood."

Where did those toxins go? We never covered that part.

I assumed they stayed in the liver and that it just turned into a rather gnarly "dirt sponge" as you got older. You could buy a mysterious thing called a "liver cleanse" at the health food store if you worried about it, which I never did … until recently.

I visited a neurologist turned chiropractor named Jen Hartley in Colorado. On my first visit, I learned more in 15 minutes with her than I had in the past 15 years of doctor appointments. The most surprising thing she said was that my hormone-related symptoms were a liver problem.

I had played treatment pinball with my glands and organs for years attempting to correct a mysterious imbalance. But I had never once considered the liver to be part of it. Isn't the liver at the end of the chain of processes, like the drain everything passes through after its job (good or bad) has been done?

Apparently it is far more than that.

The liver processes Dr. Hartley described would have made my ninth grade biology teacher go into overload. It's not a "filter" in the sense that we think of filters as an inert sponge for accumulating dirt. It's more like a factory with an almost magical array of chemical processes. The liver plays an integral role at some point in almost every process in your body, to the point that you might say any disease is caused by the liver not working as well as it should. A healthy liver, fed right, should be able to remove the factors that cause disease.

Hormonal disorders might involve your glands or chemical estrogens from your environment, but it is the liver that controls how much of those hormones remain floating around in your body. The liver is supposed to recycle or remove the excess ones.

Cancer might come from a lack of antioxidants to clean up free radicals, but the liver creates, recycles, and mobilizes the most powerful antioxidants in the body.

Diabetes might involve insulin and sugar imbalance, but it's the liver that stores, releases, and regulates the body's sugar-based fuels. The stress hormone, cortisol, might cause stress-related disease but only if the liver doesn't have the ingredients to deactivate it when it's not needed.

> **The liver is not a "filter" in the sense that we think of filters as an inert sponge for accumulating dirt. It's more like a factory with an almost magical array of chemical processes.**

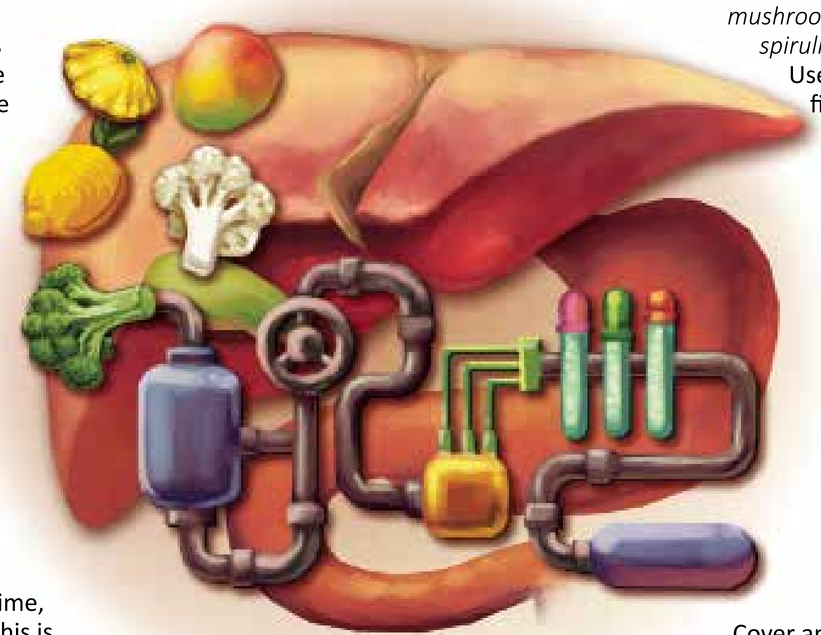
If you find yourself juggling prescription drugs to regulate all these problems it is probably because your liver isn't doing it for you. The liver ultimately controls every toxin, chemical, hormone, mineral, vitamin, amino acid, fat, sugar, and protein in your body. Even if its effect comes later when it should be removing the by-products of completed processes. Imagine what would happen if you cleaned your tub so you could take a bath, but the drain didn't work? You'd have to bathe in dirt, scum, and toxic cleaners. And that is literally what happens inside when your liver can't clear things out quickly enough.

I've often wished for a user's manual for my body so I could "pop the hood" and figure out what has gone awry, but there is a reason that we don't have one. It's because if your liver is working right, it dispatches toxins and corrects imbalances without you ever even knowing it, and that's how it's supposed to be.

So, how can we help our magical liver factories get back on the job so upper management (the brain) doesn't have to handle emergency waste clean-up and disaster relief operations?

For one thing, you might have heard from your yoga teacher that the liver "stores anger," and it turns out there is a correlation. When your body stresses out, it makes cortisol, and the liver needs a lot of glutathione to get that hormone out of your body. Otherwise it floats around damaging your organs and causing the dreaded "belly fat" problem.

If you don't get enough glutathione (and you probably don't) then the first order of business is reducing the need for it by calming down. Practice yoga, walk your dog, smile, and so on. If you're stressed out and angry all the time, your liver can become chronically backed up. This is how it's possible to have illnesses with root causes dating all the way back to a traumatic event years and years ago.



"The Liver Factory"

The second important thing is to get a little bit of exercise every day. Even a little exercise, like five minutes of sprints, can purge some of your liver's stored energy (glycogen) and get things moving. The liver was meant to constantly release and then re-stock energy stores. If there is no energy release, things get stale in there really fast. Stale, as in "fatty liver disease" stale.

Third, it turns out that one of your most important jobs as upper level management for your body is to fill all your liver's orders for necessary ingredients. Make sure to get all the substances to keep each "toxin removing department" of the liver running smoothly. Unfortunately, some of those ingredients are a little hard to come by. That's why it's important to make a habit of including certain foods in your diet.

Here's How It Works:
There are two major detoxification pathways inside liver cells, which are known as the Phase I and Phase II detoxification pathways. In a nutshell, these phases break down (metabolize) toxins through various chemical reactions. The Phase I pathway is responsible for converting the toxic chemical into a less harmful chemical, and Phase II converts the resulting toxic sludge into a water-soluble substance so that it can be excreted from the body via bile or urine. If Phase II isn't completed or working efficiently, this sludge just backs up and causes a hazardous waste spill in our bodies! Here are some recipes that contain many of the liver-healthy foods you need to assist in these complex processes. Enjoy these whenever you can to keep the polish on your shiny new liver!

PURPLE SUPER SALAD

(Purple produce contains anthrocenes, which assist in Phases I & II Glutathione Conjugation.)

In a large bowl, whisk together:
3 tablespoons almond oil
2 tablespoons fresh lemon juice
1 teaspoon lemon zest
2 tablespoons dill weed, chopped
Sea salt and freshly ground pepper to taste
Then add:
8 cups baby spinach *or* replace some of the spinach with purple cabbage
1 purple carrot, shredded
2 handfuls of blackberries, black cherries, or red grapes
Some also like this salad with diced black olives and/or a diced hard-boiled egg

EASY RAW VEGAN KEY LIME CHEESECAKE

(Assists in Phase II Glucoronidation, which requires nutrients found in these foods: almonds, brazil nuts, cashews, chocolate, citrus zest, dill weed, dark leafy greens, mushrooms, oysters, peas, pumpkin or squash seeds, spirulina, spinach.)

Crust: Take 1/4 cup dried, unsweetened coconut and sprinkle it evenly over the bottom of your cake pan. Then mix the following in a food processor:
1 1/2 cups walnuts and almonds
1/2 cup dates
1 pinch sea salt
Press this mixture evenly over the coconut.
Filling: In a high-speed blender —
3 cups cashews
3/4 cup fresh lemon juice
3/4 cup honey
3/4 cup coconut oil
1 teaspoon key lime zest
2 tablespoons key lime juice
1 tablespoon vanilla extract
1/4 cup of water, only if you need it to blend. Use as little as possible. Mix until "cheesy" and pour on top of crust. Then put it in the freezer for an hour to get the right consistency. Defrost it for a 30 minutes before serving. It's super rich tasting and actually tastes like cheesecake.

IRISH BREAKFAST SKILLET:

(Enhances Phase II Acetylation, which requires nutrients found in these foods: almonds, asparagus, avocados, berries, broccoli, cheeses, citrus fruits, eggs, guava, kefir, kiwis, dark leafy greens, lemon, mushrooms, oysters, papayas, peas, pecans, peppers, spirulina, spinach, sweet potatoes, and tomatoes.)

Use a large, heavy bottomed sauté pan with a tight fitting lid. "Grease" it with coconut oil and add:

1 large sweet potato, diced
1 small red pepper, diced

Spread evenly over the bottom of the pan and cover. Turn the heat to medium-high and allow to cook until the pieces begin to brown. It's okay to turn one or two over and check every couple of minutes. Discard any condensation on the lid, as you want some moisture but not too much. Once the potato is browned on one side, stir it well and spread evenly on the bottom of the pan again. Allow to cook until beginning to soften. Then spread all the sweet potato to the sides, making an open space in the middle, then add:

2 – 4 eggs, cracked into the center
Sea salt and pepper or rosemary to taste

Cover and cook until eggs are almost to desired done-ness. Turn off the burner and add two handfuls of shredded cheese, sprinkled evenly over the sweet potatoes. Cover again and allow to sit for two minutes, then serve. Makes enough for two large breakfasts.

> **The second important thing is to get a little bit of exercise every day. Even a little exercise, can purge some of your liver's stored energy and get things moving.**

FILLING SPICED FIG PROBIOTIC BREAKFAST:

(Assists in Phase II Methylation, which requires nutrients found in these foods: almonds, asparagus, avocados, bananas, beets, broccoli, raw dark chocolate, eggs, figs, kefir, dark leafy greens, molasses, oysters, parsley, peppers, potatoes, pumpkin and squash seeds, quinoa, shell fish, spirulina, spinach, tea, turnip greens.)

Combine in large breakfast bowl:
½ cup plain kefir (I like goat milk kefir for this)
5 dried black mission figs, diced
4 tablespoons of cottage cheese
1 – 2 teaspoons molasses (to taste)
1 large pinch of ground clove or garam masala
1 small pinch of cayenne pepper (optional, if you like spice)
1 small pinch of ground cumin (optional, but I find it makes it wonderfully aromatic)
Next, stir in:
1 small diced apple
1 cup of grapes, halved
This is my favorite way to get fruit as a meal, and not feel hungry soon after.

A note about the consumption of spirulina:
Spirulina is blue-green algae, which is a fresh water plant. Under stressful or crowded conditions, blue-green algae can become contaminated with microcystins. This cumulative toxin has negative effects, especially for the liver and brain, but also for male fertility. While the probability that any single batch of spirulina contains the contaminant is small, it is still possible. Seaweed, a salt water plant, delivers many of the same nutritional benefits, and more. When gathered by ethical harvesters, it can be considered safer and of equal or greater benefit without the risk of toxic accumulations. At the minimum, please investigate this danger with the individual brands before consuming spirulina.

Intentional Leftovers: Always Cook for More than One Meal

By Liza Baker

Winter is prime time for getting our kitchens in order and cooking from scratch — colder weather tends to keep most of us indoors, and if we really listen to our bodies, we often find ourselves craving heavier dishes — perhaps soups and stews made of red meat in place of grilled fish or chicken, denser root vegetables in place of fresh salads. Energetically speaking, we are balancing out the buoyant, outward facing *yang* energy of summer, redirecting it to the more subdued, inward facing *yin* energy of winter.

> *"Cooking from scratch at home can be the first step to changing our health."*

The part of my health coaching work that I call "kitchen coaching" supports my clients in reclaiming their kitchens and "flipping" them so that they can make 21 meals a week from scratch, even if — like me — they work more than full-time and manage a family "on the side" (the Mom/Dad shift is in and of itself way more than full-time).

Cooking from scratch at home can be the first step to changing our health — done right, it can also save lots of money and chip away at the vast amount of food (reportedly 40 percent!) that gets thrown away in America, cluttering our landfills, creating greenhouse gas, and wasting the precious natural resources that went to grow it in the first place. Reclaiming our kitchens helps us keep an eye on the triple bottom line: the health of our bodies, our environment, and our economy — the local one as well as our own time and money budgets.

To flip a kitchen, it's important to start with the basics — from knowing what to stock in the pantry to buying and caring for a good quality knife, from choosing seasonal ingredients to storing them, from batch cooking "building blocks" to getting three meals out of a single chicken.

One exercise I love to do with my clients is deconstruct recipes — really pick them apart into a few core ingredients, steps, and techniques. Ironically, this ultimately frees them from recipes because they learn to substitute what's in-season locally. And if they have a properly stocked kitchen, they can do it without wasting precious time and fuel running to the store. Perhaps even more importantly, clients begin to realize that what they thought were leftovers — cooked meats, beans, grains, and vegetables — needn't spoil in the fridge: they are ingredients for a quick meal on a busy weeknight!

This can happen in one of several ways: we can cook a large number of finished dishes that we then refrigerate or freeze to reheat and eat later (think chili and lasagna), or we can batch cook what I call "building blocks" — stocks and sauces, beans and grains — that can become part of a meal later in the week. But these options assume that we can take two to three hours on the weekend or — even less likely — on a weekday to accomplish this.

The first option also assumes that you (and your family) like leftovers. There are many people who do, but as a rule we tend to think we do … and two days of chili later, it suddenly doesn't look like what we had in mind for the rest of the week! Add to that two kids who will turn their noses up at anything served reheated, and I needed a new system.

> "Energetically speaking, we are balancing out the buoyant, outward facing *yang* energy of summer, redirecting it to the more subdued, inward facing *yin* energy of winter."

My favorite trick is what I call "creating intentional leftovers" — preparing more of the ingredients you're already cooking on any given day. If you're roasting a chicken, why not roast two? If you're making a pot of rice, why not double or triple it? If you're steaming broccoli, why not steam extra? Then we explore ways that these "intentional leftovers" can be combined into quicker meals later in the week.

This isn't rocket science — it's not even food science unless I have to explain that we have been terrorized into believing that any food left in the fridge for more than 24 hours is bad (that's a whole different article!) — but it can be eye-opening, so I'd like to offer two examples: one idea for grains and one for chicken.

Brown Rice:

1. Serve steamed brown rice as part of dinner on Saturday — make lots!
2. On Monday, mix some rice with a beaten egg and a bit of flour until the mixture holds together and can be formed into patties. Cook in a little bit of fat and serve over greens with a poached or fried egg on top. If you're ready for the graduate level version, add cooked beans and/or minced cooked leftover vegetables to your patties.
3. On Wednesday morning, mix some rice with twice as much liquid (water? milk? milk alternative?), cook into a porridge, and serve hot with maple syrup, chopped apples and walnuts, a dash of sweet spice (cinnamon? cardamom? both?) and a bit of sea salt.
4. On Friday (yes, I promise the rice is still good if you've kept it properly stored in the fridge), mix the remaining rice with some marinara sauce (leftover, of course) and stuff it into hollowed-out peppers and bake them.

Photo by FYT Productions

Chicken:

1. On Saturday night, make a roast chicken (or two or three — the oven's on anyway!) and after dinner, pull all the leftover meat off the bones. Save all the bones — yes, even the ones you gnawed on — in the fridge or freezer.
2. On Sunday, make chicken stock from the bones, and make chicken soup with some of the meat plus noodles or rice (or whatever leftover grain you have).
3. On Tuesday, mix some of the meat with vinaigrette and serve it over salad greens.
4. On Thursday, make chicken salad with any remaining meat and have a wrap or sandwich.

Oh look! It's been a week, and you just finished the rice and chicken without simply serving it reheated a single time. Even the teenagers will never know.

The recipes for the dishes included in this article can be found at http://is.gd/CWJRecipes. Liza Baker is an integrative nutrition health coach, kitchen coach, and household manager of a family of four. She brings her passion, knowledge, and experience to the table to help clients reach their goals and achieve optimal health. You can find her upcoming events in the Crazy Wisdom Calendar (found at the back of every issue) and on her website, http://simply-healthcoaching.com/. She can be contacted at simplyhealthcoaching.lizabaker@gmail.com.

Sustainable Health

"Life's Not Fair!" Forgiveness and Well-Being

By Dr. Dalinda Reese

The "unfairness" of life is a reality that all of us experience in one way or another. We get hurt. Someone treats us poorly. Someone or something special to us moves away or is taken from us. Relationships end. We get sick. What was once normal to us is now gone…. Such are the vicissitudes of life. How we respond can have a huge impact on our well-being.

Enter forgiveness. Really? Is that important? you might ask. It is. Isn't that just a way of excusing bad behavior? Isn't that saying whatever happened was okay or didn't matter? Isn't that just another way of religion making us feel bad about ourselves? I don't think so.

For eons talk about forgiveness has belonged to the religious realm, but if we can appreciate religions as wisdom traditions, perhaps we can look more closely and openly at what is being said. Clergy, theologians, and philosophers in the earlier part of the 20th century expanded the dialogue on forgiveness. Simon Wiesenthal's book, *The Sunflower: On the Possibilities and Limits of Forgiveness*, first published in 1969 by Schocken Books, is a classic example of this. Over fifty global leaders, writers, philosophers, spiritual leaders — all luminaries in their own right — were asked to explore and respond to Wiesenthal's questions about his experiences as a prisoner in a concentration camp. While imprisoned, Wiesenthal was summoned to the bedside of a dying Nazi soldier who confessed his atrocities against Jews and asked Wiesenthal for forgiveness. Difficult questions indeed with no easy answers. We may not even have a paradigm that can hold the pathos of those questions.

"…forgiveness is getting unhooked from a grievance cycle."

By the second half of the 20th century, and especially since the 1980s, social scientists have looked at forgiveness through an empirical lens, bringing its exploration from the theoretical, philosophical realm into the measurable realm. All research requires, among many considerations, a definition of terms, determining what to measure, how to measure it, and then deciding what those measurements mean. Yet research on an inter-dynamic and connected "whole" is always limited. By dissecting a matter, we risk losing or missing important aspects. Despite these limitations, the study of forgiveness has provided understandings and tools that may be useful to our lives and to our sense of well-being.

To begin with a basic definition, forgiveness is a change from a negative attitude or behavior in response to a person or event to a neutral or positive attitude or behavior in response to the same person or event. It other words, ***forgiveness is getting unhooked from a grievance cycle.*** It is making peace with life's hurts. Forgiveness is not forgetting, denying, excusing, condoning, or pardoning. It is not pretending something didn't happen. Forgiveness is not even reconciliation. Although reconciliation can happen, it is not the goal of, nor is it necessary for, forgiveness. Forgiveness is peace and freedom *now* from a past hurt. Forgiveness is freedom from a pain-perpetuating entrapment.

Although reconciliation can happen, it is not the goal of, nor is it necessary for, forgiveness.

In general, observational studies suggest that forgiveness correlates with fewer depressive symptoms, a greater sense of well-being, and better health. One study of 1,500 older Americans showed that unconditional forgiveness was associated with fewer mental/emotional and somatic depressive symptoms and a greater sense of life satisfaction and well-being (Krause and Ellison, 2003). Another study of 1,232 older Americans showed that conditional forgiveness ("I will forgive only if…") was associated with a greater risk of all-cause mortality (Toussaint et al., 2012). A study at Duke University showed that HIV-positive patients with higher forgiveness scores also had evidence of better immune function (Owen et al., 2011). Although not a study of forgiveness, the largest prospective study of aging and health in North America suggests that an adaptive coping style (for example, not being stuck in a grudge) is one of the top predictors of being well at age 80 (Vailliant, 2010).

Interventional studies, in which forgiveness is discussed and taught, suggest that we can learn to forgive and improve our health and well-being. One of the largest of these studies is Dr. Fredric Luskin's Stanford Forgiveness Project, in which 259 adults who held a grudge (harbored unforgiveness) participated in a series of six weekly small group educational sessions with practice homework between the sessions. Measurements before, immediately after, and several months after the intervention included: degree of emotional hurt, degree of anger, psychological and emotional well-being, likelihood of forgiving offenses, and degree of forgiveness toward offender. This and smaller studies by Dr. Luskin showed that learning to forgive decreased anger and hurt, increased likelihood of forgiveness, improved emotional and psychological health, and a perception of increased health. Interestingly, Dr. Luskin notes that time will decrease the pain of an offense, but forgiveness seems to be important for improving psychological and emotional health. The benefits of forgiveness seem to have staying power. Learning to forgive builds on itself and continues to have a positive impact on how one relates to life's challenges.

Other interventional studies affirm the positive effects of forgiveness on health. For example, people with coronary artery disease can have episodes of cardiac ischemia (lack of blood flow to areas of the heart) that are related to anger-recall. One study showed that ten weekly forgiveness sessions could significantly decrease how much ischemia is present with anger-recall (Waltman et al., 2009). A study of patients with high blood pressure suggested that learning to forgive may normalize blood pressure in those who have high levels of anger (TD Ellis et al., 2006). And in a small study of women with fibromyalgia who had been abused in childhood, a 24-session individualized forgiveness program increased both forgiveness and overall health (Lee and Enright, 2014).

… forgiveness correlates with fewer depressive symptoms, a greater sense of well-being, and better health.

Forgiveness interventions can vary greatly. In essence, what they seem to have in common is: (1) a clear description of what forgiveness is and especially what it is not, (2) increasing awareness of the ways we habitually think and feel about offenses, (3) and recognizing and further developing our own resources to facilitate forgiveness.

There does need to be safety and also some "distance" from the acute pain and grieving triggered by the offense before talking about forgiveness. Then, the first step in forgiveness is to know exactly how you feel about the offense and to be clear about what was not okay. With that clarity you can explore, understand, and dispute the underlying thought patterns, beliefs, and expectations that keep you stuck. In addition to this cognitive understanding, regular mind-body practices are necessary to help you recognize and grow your heart-centered resources (awareness, mindfulness, presence, gratitude, compassion, loving-kindness, resilience, strength, and such). This allows you to respond, rather than reflexively react, to your perceptions and experiences. Together, the head and heart can help transform the grievance cycle and release the power it has over you.

Life gives us plenty of opportunities to forgive. When I first became involved with forgiveness work, I realized that there were many things in my life that I had indeed forgiven. My own personal spiritual practices had sustained me and facilitated forgiveness of the more egregious hurts that I experienced. The more I work with forgiveness training, the more I see. Forgiveness can involve small things or large things. It can be general or specific. There can be layers and overlaps. It seems once I've mastered one thing another presents itself!

A personal example occurred in 2012, shortly after I moved to Ann Arbor to join the holistic practitioners at Bio Energy Medical Center (BEMC). Most of my medical career had been in Virginia, where I had moved after medical school in Ann Arbor to do my internship and residencies. I had taken a six-year hiatus from clinical practice. During that time, I was living in Canada, pursuing latent interests, recovering from burnout, and "re-tooling" to a more holistic form of medicine. As I began working at BEMC, I started having a deep, intense, and persistent right neck and shoulder pain — like a meat hook lodged along the right side of my neck and into my shoulder.

I had survived medical school, but at tremendous personal cost to my sensitive, creative, and introverted self.

I sought out some craniosacral therapy (energy sensitive, light touch manual therapy). The therapist held her hands over my shoulder and asked if the pain might be related to unforgiveness. The question jarred a response into my consciousness: yes. I knew it had to do with resentment, but not toward any specific person or event. Rather it was a smoldering rage against my whole medical education. My pain and underlying anger surfaced as I was beginning a new practice of medicine in the same place where I had begun my medical education so many years ago. I had survived medical school, but at tremendous personal cost to my sensitive, creative, and introverted self.

I shared this experience with several trusted friends who gently listened and offered their loving support and observations. My goal in forgiveness was to (very literally) release the pain and to hold on to the strength I had discovered. The forgiveness was not immediate, nor was the resolution of the pain. However, with consistent breath and heart awareness work, with cognitive work that included journaling and creative expression, I was able to focus on what had kept that silenced part of myself alive and strong. Within a couple of months, my relationship to that grievance story had shifted and I had forgiven. The neck and shoulder pain was also gone.

As a physician, I understand how what we think, experience, and feel all affect our breathing, heart rate, heart rate variability, blood pressure, hormones, and which areas of the brain and body get the most blood flow and oxygen delivery. With my training and personal experience in spiritual direction, forgiveness work, and resilience, I am equally convinced that our internal physiology influences our perceptions and experiences. Forgiveness is one of our most powerful tools. Listening to the "wise heart" allows us to respond rather than reflexively react. It enables true well-being: mind, body, and heart.

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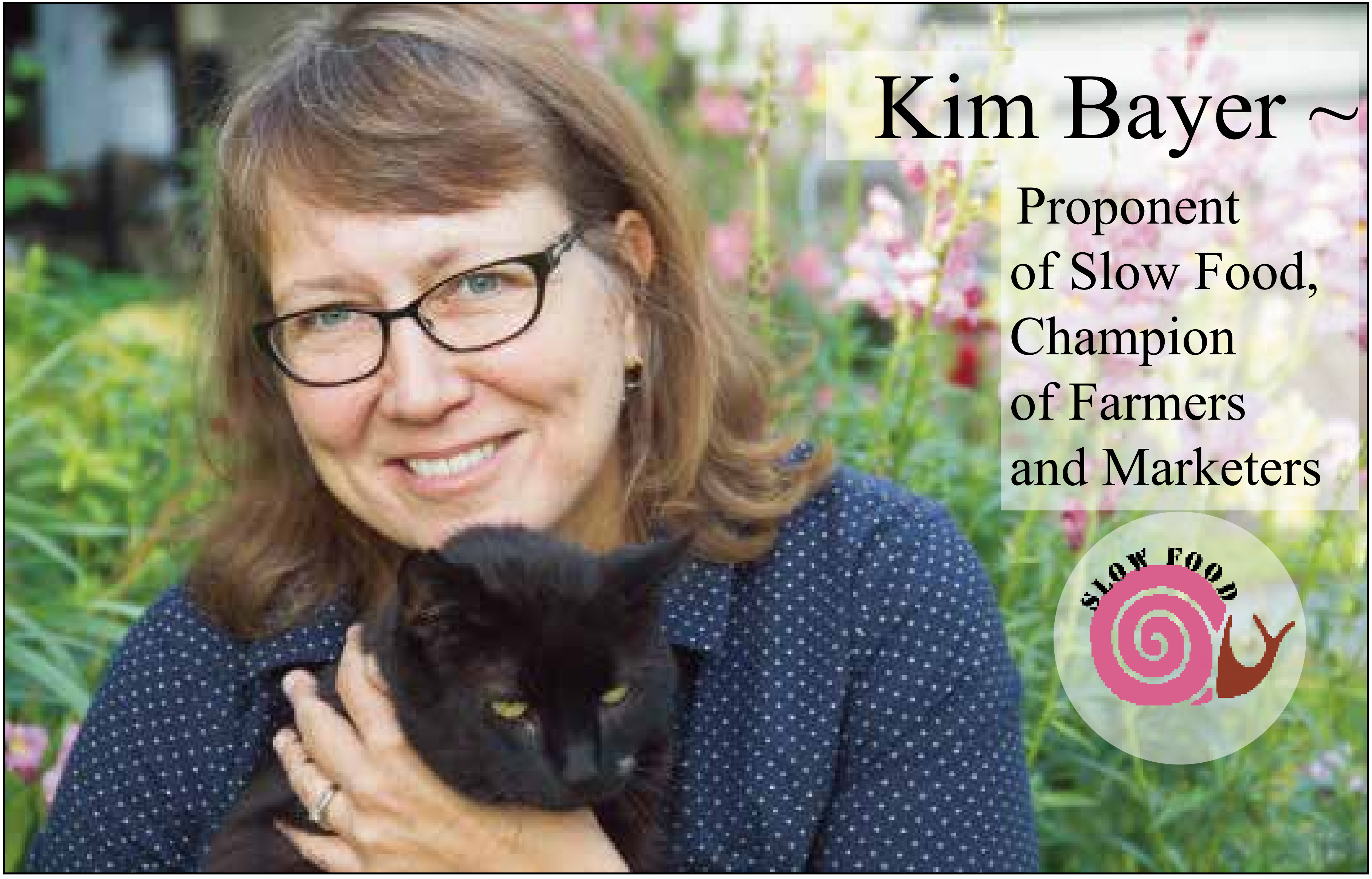

Kim Bayer ~

Proponent of Slow Food, Champion of Farmers and Marketers

By Rachel Urist
Photography by Joni Strickfaden

In her blog, Kim Bayer was the “Farmer’s Marketer.” When MLive invited her to write about restaurants and the local food scene, she brought a following. Her prose is a good reflection of the person: direct and lucid. Consider the following, written in May of 2011, about one of her favorite subjects.

> My number one place for food in Ann Arbor is our amazing year-round Farmers’ Market. With over 120 vendors (and a waiting list of 100 more), this historic 90-year-old market takes place weekly on Saturdays between the cobblestone streets of the Kerrytown historic district. From April through December the market also runs on Wednesdays. And this summer it’s testing out a nighttime market on Wednesday evenings starting in June!

In person, Bayer measures her words and avoids the limelight. She hesitated before agreeing to be profiled here. Yet she has become a local force in the “good food” movement. She works to promote sustainable agriculture, healthy eating, and ways to create a safe, caring place for ourselves and those around us. She personifies the adage: “think globally, act locally.” She has championed local farmers, markets, and restaurants.

“Kim is our local food hero,” said Kris Hanna-Hirth, owner of Old Pine Farm in Manchester, which raises sustainable and heritage animals for meat. Hanna-Hirth, who is committed to animal welfare, went on:

> I don't think you could find anyone more instrumental in the “farm to table” movement in the state of Michigan than Kim. She literally put our farm on the map. She is passionate about helping anyone and everyone create and discover good, local food. Farming can be a tough occupation with many ups and downs. When the drought of 2012 came and just about closed our doors, Kim was there to encourage me. She wrote about our farm to help generate business. She gave us tips on how to generate business. She gave us moral support. During our second year, Kim asked about having people out for a tour to introduce them to our farm. For the business, it was the attention and interest we needed. I truly believe that the Ann Arbor food movement would be lost without her guidance.

Cathy King, of Frog Holler Farm, added:

> In her quiet and humble way, with dedication and passion, Kim has changed the face of the local food environment in Ann Arbor. She is the creator and/or prime mover of many local organizations that raise awareness about locally and sustainably produced food. First and foremost, however, she acknowledges the source: the local growers. She has been a great friend to area farmers, and I'm proud to consider her my friend as well!

Bayer’s current focus is the Washtenaw Food Hub, located on Whitmore Lake Road. Our first meeting took place there. It was a cold day in March. We sat for a long time in the large, unheated main room of the farmhouse, the site of meetings, potlucks, and marketing. I had not anticipated such an indoor chill. Bayer offered me her woolen gloves, which I accepted. When my fingers grew numb from cold, we left. We found a warmer site in town, where we continued our chat. I still did not understand the meaning and nature of the food hub. What is it, exactly? Why is it so important? I had read her blog and her MLive articles. I contacted some of her friends and colleagues. But until I researched the food hub phenomenon, my understanding remained sketchy.

Food hubs are centrally located facilities designed to collect, coordinate, process, store, distribute, and/or market locally produced food.

Reading about food hubs taught me that they are centrally located facilities designed to collect, coordinate, process, store, distribute, and/or market locally produced food. A healthy food hub consists of a variety of fully integrated businesses, social services, and safe public spaces. They collaborate in innovative ways to leverage profitability and sustainability. For small and mid-sized farmers, food hubs offer greater equity within the food system, since their access to wholesale markets is often challenged.

The U.S. Department of Agriculture estimates that there are about 240 food hubs in more than 40 states. These food hubs help return profits to the farmers of the region. Without them, farmers lose billions of dollars in prospective revenue, given the ubiquity of supermarkets and the convenience they afford. But the produce offered to consumers in these mass vending sites is typically shipped in from afar. Local farmers are left in the lurch. The food hub has, therefore, become a cornerstone, if not a lifeline, for farmers in many regions.

The food hub has, therefore, become a cornerstone, if not a lifeline, for farmers in many regions.

The Washtenaw Food Hub, now in its fourth year, describes itself on its website as “a limited liability corporation…. a single point of contact for local food purchasing, processing, aggregation, storage and distribution.” The Food Hub has three prime movers: Kim Bayer, Deb Lentz, and Richard Andres. The sixteen-acre property, currently owned by Lentz and Andres, lies three miles northwest of downtown Ann Arbor. It contains a farmhouse, a pond, a former feed store building with a front retail area and 95-person event space, storage areas, large loading docks, nine freestanding agricultural structures, and a (recently expanded) 145-space parking area. The Food Hub's two 600-square-foot, professionally outfitted kitchens are used by several local businesses, which include Locavorious, a business which preserves local fruits and vegetables, several granola businesses, and bakeries. The other large kitchen is occupied by The Brinery, the artisan fermentation business which is the Food Hub's "anchor tenant." David Klingenberger, founder and C.F.O. (Chief Fermenting Officer) of The Brinery, can often be found there. He and Bayer have been friends for many years. "She lives to nurture people," he said. His nickname for her is "Care Bear." The two friends call themselves "co-conspirators in the good food movement."

After winning a U.S.D.A. grant, Richard Andres and friends installed a 150,000-watt solar array on the roofs of two of the buildings. The Food Hub now produces all its own electrical energy. Andres and his crew also did much of the buildings' interior renovations. Andres is a skilled carpenter, having spent years earning his living in that trade, before buying Tantré Farm, a half hour's drive from the Food Hub. He did most of the renovations to his farm's homestead and outbuildings. The Hub also has its own vermi-composting system, run by Jesse Raudenbush of Starr Valley Farms, which turns all kitchen waste into soil fertilizer. "Vermi" is Latin for "worms." Worms are the key ingredient of the system. Raudenbush sells worm castings and "castings tea" to generate income, promote his classes, and improve soil fertility. Bayer and her fellow organizers are thrilled that the Food Hub site, whose promise they saw so clearly, has become the nexus of farm, food businesses, and community.

Recently, Bayer and her husband of fifteen years bought 187 acres down the road from the Food Hub. They plan to use this land to create a formal partnership with Richard Andres and Deb Lentz, owners of Tantré Farm (profiled in CW Issue 55). The four are good friends. Andres says the organizers are indebted to Bayer for her "vision and support." He also appreciates her background in information technology, which comes in handy at the Hub. Her involvement with Slow Food Huron Valley means that she is among the folks "with broadest perspective." They examine "not just our food network," but that of "every region of the world."

Bayer has been a member of the Tantré Farm program for Community Supported Agriculture (CSA) these eleven years. Like many CSA members across the country, she rhapsodizes over the development of this institution.

> I'm excited about CSAs — the antidote to the industrial food system. The CSA model provides a real connection between farmer and eater, food and place. It fosters biodiversity. It improves the environment. It's a win-win situation.

She contrasts this situation with the "lose-lose" conditions of industrial systems, which "torture animals, produce unhealthy processed food, disconnect food from people and place, and contaminate the environment." The Washtenaw Food Hub provides a network for area farmers, a sustainable base where produce can be collected, processed, and sold, a nexus for meeting citizenry and prospective CSA members, and a place where local citizenry can learn more about sustainability and meet the people who grow their food.

The more I learn about Bayer, the more impressed I am by her array of skills and interests. One of her few non-volunteer services was that of a CSA consultant, for which she tapped her encyclopedic mind to match individual preferences and life-styles with specific area farms. Her technological savvy is also impressive, though she hardly acknowledged it. Her bio for the Washtenaw Food Hub hints at these skills, but the bio's compression is dizzying. It reads:

> **KIM BAYER** is a project manager, communicator, and strategist as well as a veteran community organizer and coalition-builder with deep knowledge of local food systems. Her background includes a Master's degree from the University of Michigan in Information and Library Science and 15 years of experience at U-M where she and her staff guided strategic direction in technology for teaching and learning. Kim is currently involved in the development of the Washtenaw Food Hub with the goal of establishing health as the standard for economic, environmental and social well-being. Kim has led the creation and implementation of numerous collaborative food system projects, including conferences (Local Food Summit 2009–2014), festivals (HomeGrown Festival 2008–2012), and she teaches workshops and lectures on food system issues. In addition, Kim is a published author and restaurant critic, and she writes on food-related subjects for regional publications and has written several guides to local food in the Ann Arbor area. Kim is the founder and President of the Great Lakes CSA Coalition, a 501c3 created to promote CSA farms and establish wellness rebates from insurance companies. Kim is Chair of the non-profit Slow Food Huron Valley, a board member on the Executive Committee of the Food System Economic Partnership, and the Slow Food Governor of Michigan.

"I'm excited about CSAs — the antidote to the industrial food system. The CSA model provides a real connection between farmer and eater, food and place. It fosters biodiversity. It improves the environment. It's a win-win situation." —Kim Bayer

What Is "Castings Tea" or "Worm Castings"?

These "teas" or "castings" are worm-created substances used as compost. They are effective fertilizers and inoculants. They suppress harmful molds and fungi along with disease and pests on vegetation. They boost the crucial microbial activity known as the Soil Food Web (SFW) which is crucial to organic soils. These "teas" or "castings" are made by extracting microorganisms from the microbial seed material with water. The resulting liquid solution can be sprayed, making it more convenient than bulk soil amending or dispersion.

Jesse Raudenbush of Starr Valley Farms offers a simpler explanation.

> Castings are simply worm feces. Other common names are vermi-compost, vermi-cast, vermi-castings, and worm poop. The simple process of soaking bagged castings in water while aerating it for a period of time and feeding the microbial life within the bagged castings is basically like brewing regular people tea — but with oxygen. By adding oxygen one has then created 'Actively Aerated Compost Tea' or AACT.

A RESTAURANT PLACARD, SANTORINI, GREECE

What Is a "CSA"?

"CSA" is an acronym for "Community Supported Agriculture." It is an arrangement in which people pay a seasonal or annual fee to buy memberships in a farm. The farmer uses the payments to operate the farm. In return, members receive a weekly box of the farm's produce. The goal of this alternative economic model is to provide the farmer a reasonable living and a community with which to share the ever-present risks in farming. If a hail storm damages the fields, for instance, then all of the members share in the disappointment of the damaged crops. Members are encouraged to visit the farm, lend a hand, and see where and how their food is produced.

Since most people purchase their food primarily from grocery stores, they have no direct interaction with the producers of their food. Since grocery stores are now stocked with fruits and vegetables shipped in from over the world, many shoppers forget the seasonal nature of harvests.

For many CSA members, the element of surprise is an additional benefit. What will be in this week's box? Michael Schuldt, a longstanding CSA member of Ploughshare Farm in Alexandria, Minnesota, is a great enthusiast. He said:

> The produce we receive is seasonal, so I find myself waiting with baited breath for certain crops to appear in the box. Spring salads are wonderful, late June snap peas, then with late July and August a stunning mix of zucchini, eggplant, tomatoes, cucumbers, and summer squash. Every growing season is a little different, and opening that box each week is always exciting. I have to plan a week of meals around the contents of that box. Food is fun.

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Kim Bayer ~

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> The local community's profile in the larger Slow Food movement is significantly enhanced by the Washtenaw Food Hub.

The picture is clearer if we look at her work history. After earning her master's degree at the University of Michigan in Information and Library Science, Bayer worked for fifteen years, starting at the U-M's Office of Instructional Technology. Within that office, her team's mission was to support teaching and learning by helping faculty to understand and use the increasingly rich technological resources at their disposal. To this end, she worked directly with faculty and with technology specialists. She became the team leader for learning technology. Later, she was in charge of support for online courseware. Eventually, her office was moved to North Campus' Media Center, now called the Duderstadt Center. Her networking initiatives helped create a climate in which faculty learned to share ideas and resources.

Bayer also did strategic planning for LS&A faculty. This involved incorporating technology into classroom learning. For instance, in a lecture hall, an instructor could, with the aid of a simple PowerPoint presentation, have his students respond in the moment in a way that could be immediately calculated. Each student had a device, a "clicker," with which to answer survey questions on screen. Responses would then be measured electronically, and the professor could assess what worked and what didn't. For a while, different venues required different clickers. Since students were expected to purchase one for each course, this was expensive, inefficient, and cumbersome. Bayer helped coordinate the technology, so that, eventually, one clicker served all. Bayer pointed out: "It was great for instructors to get feedback from a large group of students, and ascertain in an instant whether they understood or were confused. These technologies tracked attendance, too."

Among her many achievements during her stint with the University, the one she recalls with the most pride is the "Teaching and Technology Collaborative," which was her brainchild. She saw that there was a lack of communication among faculty and staff; separate departments did not coordinate their efforts. "They'd get mixed messages or hear different things about what tools to use, or hear that they'd not find what they wanted." So she organized staff leaders across the University to create the Collaborative to enhance group communication, centralize resources, coordinate efforts, minimize duplication, and inform faculty members about where they should go for different services.

> The Slow Food movement reminds us that process, not processed, is more soulful.

The biggest coordinated effort of this federation was an annual conference: "Enriching Scholarship." The initial conference, held in May, grew to bring approximately 500 faculty and staff for a week-long extravaganza at the University. Typically, the program includes a keynote speaker, training sessions, films, and open houses. Each year, the technology available for both the conference and general faculty use gains in sophistication.

Through these work experiences, she honed her organizational and networking skills, both of which benefit her current projects. Those include the Local Food Summit, a Slow Food event that she helped to create (and still guides) with colleagues Shannon Brines and Jason Frenzel. The Local Food Summit is a one-day conference which brings together the region's food system stakeholders (farmers, CSA members, food entrepreneurs, educators, policy makers, health professionals) to develop relationships, strengthen networks, and help develop "the food system that we need."

The many venues for Slow Food events further testify to Bayer's organizational skills. Under her baton, events have taken place at farms, in parks, at the Michigan Theater, Washtenaw Community College, the Dexter Train Depot, Matthaei Botanical Gardens, Zingerman's Events on Fourth, the Ann Arbor Farmers' Market, Hathaway's Hideaway, Brines Farm, Food Gatherers, U-M campus, and the Ypsilanti Ladies Literary Club among others.

The local community's profile in the larger Slow Food movement is significantly enhanced by the Washtenaw Food Hub. A bit of context: the Slow Food movement was conceived in Italy in 1986 by one Carlo Petrini as an alternative to fast food. The goal was to promote traditional and regional cuisine, encourage sustainable farming methods, benefit the local ecosystem, and promote local, small businesses and foods rather than globalized agricultural products. The movement now has over 100,000 members in 150 countries. Its activities now include efforts to support indigenous cultures and create a fair and just food system for all.

Every other October, in Torino, Italy, there is an international Slow Food gathering of people engaged in creating "good, clean and fair" food around the world: the Terra Madre conference. Kim Bayer has gone twice, in 2010 and 2012. She went as a delegate from the "upper Midwest" region, which includes Michigan, Wisconsin, Ohio, Indiana, and Minnesota. The Terra Madre conference brings together more than 1,000 exhibitors from 130 countries, including over 300 Slow Food chapter leaders, chefs, farmers, fishers, eaters, authors, advocates, academics, artisans, international representatives from wine and gastronomy, and Slow Food's network of small-scale producers and food communities on six continents. The conference features taste workshops, classes, and sessions of various sorts to reveal the impact of our eating and consumption habits on the planet's inhabitants and ecosystems. Terra Madre (literally, Earth Mother, or Mother Earth) reflects the purpose of the conference, which addresses such topics as climate change, population growth, animal welfare, food waste, land grabbing, and more. Bayer remains actively involved as a chapter leader of Slow Food Huron Valley. She is also the Slow Food Governor of Michigan and a member of the Midwest region's delegation selection committee.

As a consciousness-raising enterprise, Slow Food has gradually gained purchase across much of the globe. It hasn't been easy. Competing with big food corporations is a challenge. Megastores truck in produce from all over, eliminating seasons and contributing to the culture of convenience. Small farmers, on the other hand, are

> "I had two different experiences of food growing up. At our parents' house, it was Campbell's soups and macaroni and cheese. At our grandmother's, we picked corn and raspberries in the mornings — in our nightgowns! It was a treat." —Kim Bayer

sustained by their CSA members: committed individuals who get their food straight from the source, who shop at farmers' markets, who are determined not to succumb (just) to convenience. Slow Food urges visits to farms, to see nature's bounty at the source, and to shop at farmers' markets. People like Kim Bayer have helped us learn to eat mindfully, to be aware of the dangers of rushed convenience. Oven-to-table meals, once called "TV dinners," may have filled the belly, but they did not always nourish the body, let alone the soul. The Slow Food movement reminds us that process, not processed, is more soulful.

Slow Food proponents are pioneers in a quiet revolution, one that men and women of the Western world will continue to fight in kitchens laden with conveniences. But those conveniences serve inconvenient truths: that careful, deliberative cooking is healthier and more satisfying than food zapped mindlessly in a microwave. Proponents of good (slow) food combine the best of technology with elements of pioneer days. Bayer is one of our latter day pioneers.

Bayer traces her interest in good food to childhood summers she and her sister spent with their paternal grandmother. Given that the girls' parents worked, summer stays with grandparents were a serendipitous solution to childcare. The girls loved it. Bayer recalled:

> We always had dinner from the garden. We helped our grandmother take care of the garden. We helped with the food things, too: canning, freezing, picking peas and shelling them — an entire bushel! I had two different experiences of food growing up. At our parents' house, it was Campbell's soups and macaroni and cheese. At our grandmother's, we picked corn and raspberries in the mornings — in our nightgowns! It was a treat.

She continued: "Learning to bake pies with Grandma was a rite of passage. She taught us patience, too."

The sisters were different. Bayer was into books, her sister into volleyball. But, said Bayer, "We were Irish twins — born the same year." They relished their summers in the country. There was a vegetable garden, berries, fruit trees. "Our grandparents were rooted," she said. "Our parents were nomadic."

> **"There are lots of avenues into that better world. For me, food has provided that avenue into caring about a place and about our relationships with the community; trying to create the world as it should be."**
> **—Kim Bayer**

"My parents were hippies, searching, trying to figure things out for themselves. They moved around a lot when I was a kid," she added. Bayer's mother, who worked first as a legal secretary, then as a courtroom clerk, put her husband through school. "Dad wanted to be a minister after college," Bayer said, "but he was drafted and shipped off to Vietnam. When he returned, he no longer believed in God."

Bayer was born at the Marine Corps Base Camp Lejeune, in Jacksonville, North Carolina. After her father's tour of duty, the family moved between California and Michigan several times. When she was ten, her parents divorced. Bayer spent ninth grade in San Diego and the last three years of high school in Hastings, Michigan. Those last three years of high school, she said, "were my first experience of being in one school longer than two years."

Bayer's father had been an athletic young man. In high school, he played football. Later, he was a paddleball champion, marathon runner, and cyclist. Vietnam cost him his bearings. He worked most of his career directing operations at a racquet manufacturing company. As he became more involved in meditation, he lived alternately between San Diego and Pune, India. Then, in his last twenty years, he traveled the world doing meditation workshops. In a sense, he returned to his early calling. He became a spiritual leader. About five years ago, in what Bayer called a "sad and unexpected" turn, he died in a car accident in Turkey.

Her mother, now remarried, lives just over an hour from Ann Arbor. Mother and daughter are close. "She changed a lot over the years," Bayer said. "She started doing a lot of sustainable lifestyle things. She [and her husband] have 10 or 12 acres. They have a flock of sixty chickens. She cans, has a greenhouse, a big garden, and cooks wonderfully." Recently, mother and daughter took a beekeeping class together. Each now has her own hive.

Bayer's journey has certain parallels to that of her mother. Both married young, divorced, then remarried. Bayer's 28-year-old daughter, the product of that early marriage, now lives in New York City. As a graduate student at Columbia University, she focused on Public Health. She now works at her alma mater. She is fluent in both Spanish and Mandarin and lived in Mexico (one year) and in China (two years). Bayer is fiercely proud of her daughter, but speaks of her only when asked.

As Bayer talked about her current involvement with food, she unwittingly revealed a connection to her father. For her, food represents a road to spiritual enlightenment. She searches for ways to make the world a better place. She said: "There are lots of avenues into that better world. For me, food has provided that avenue into caring

Continued on page 70

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Kim Bayer ~

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about a place and about our relationships with the community; trying to create the world as it should be." This caring, this pursuit of a better world, may be the passion that fuels her activism. She continued:

> One of the things I appreciate about rebuilding the food system is the fact that there is so much creativity and collaboration and hope and justice in that picture. When President Obama was elected, Michelle Obama said that their goal was to build the world as it should be. To me, creating a food system that reflects what we need is a way of creating the world as it should be.

In July 2007, during Bayer's nascent involvement with the Slow Food movement, a quirky event caught her attention. It was the "Pie Across America" bus tour, which made about a hundred stops as it crossed the country. Organizers of this bus tour saw pie as a symbol of, or a connection to, place. The tour inspired Bayer to launch a festivity called "Pie Lovers Unite," which was a stop on the bus tour. The local event, which was held in Ypsilanti, won the tour's "Best Pie Event." It is now a fixture on the Slow Food Huron Valley calendar. In July 2011, writing in MLive, Bayer quoted from Pascale Le Draoulec's 2003 book *American Pie: Slices of Life (and Pie) from America's Back Roads:*

> By the turn of the century, it was not unusual for an American to eat a slice of pie daily. In 1902 when an Englishman suggested this was gluttony and that, perhaps two slices a week would be plenty, the *New York Times* responded thusly: 'It is utterly insufficient... as anyone who knows the secret of our strength as a nation and the foundation of our industrial supremacy must admit, Pie is the American synonym of prosperity, and its varying contents mark the calendar of the changing seasons. Pie is the food of the heroic. No pie-eating people can ever be vanquished.'

"Pie is the American synonym of prosperity, and its varying contents mark the calendar of the changing seasons. Pie is the food of the heroic. No pie-eating people can ever be vanquished."
—New York Times, 1902

Pie Lovers Unite is an annual celebration of food, community, life, and the skills our grandmothers taught us. There is live music — a pianist (PIE-anist), themed pie walks, a pie contest with prizes, a haiku (PIE-ku) poetry recital, and of course, pie eating. There are also pie quotes and a recipe swap. In 2015, the event entered its ninth year. Over sixty homemade pies were on hand at the extravaganza.

There are many more events on Bayer's monthly and weekly schedule. She is involved in food-centric book club meetings. She rattled off titles of some of her favorite books: *Rebuilding the Foodshed: How to Create Local, Sustainable, and Secure Food Systems* (Chelsea Green, 2013) by Philip Ackerman-Leist; *The Omnivore's Dilemma: A Natural History of Four Meals* (Penguin, 2007) by Michael Pollan; *Animal, Vegetable, Miracle: A Year of Food Life* (Harper Perennial, 2008) by Barbara Kingsolver.

"I think everyone should read Leist's book," Bayer said. She is working on that.

> I've contacted the Ann Arbor District Library about the Ann Arbor Reads project. I'm looking for a bookstore to partner with us. Slow Food would buy 100 books to help get people to engage with the subject. We're just developing the idea for it. We could partner with the library to do an Ann Arbor Reads event. Then, either Slow Food or the library would buy and promote the book. We'd develop events around topics in the books: farm tours, urban farming, and gardens. We would get wider community engagement with ideas from this book, which could lead up to next year's Local Food Summit. We would get the author as keynote speaker!

She mentions *Love Where You Live: Creating Emotionally Engaging Places* (Creative Cities Productions, 2015) by Peter Kageyama, who talks about using creativity and ingenuity to take existing social capital and expand on it. Bayer focuses on Kageyama's injunction to take action. She channels him when she says: "That step of taking action — any action — in a positive direction, is a crucial thing. You have to take one step; it will take you to the next."

"Make a home. Make a community. Be loyal to what you have made. Love your neighbors — not the neighbors you pick out, but the ones you have.... Understand that there can be no successful human economy apart from Nature or in defiance of Nature."
—Wendell Berry

Wendell E. Berry is another one of her role models. Now in his eighties, he remains active as a novelist, poet, farmer, environmental activist, cultural critic, and academic. Berry was born and raised in Kentucky, where he still lives. His many honors include The National Humanities Medal and the 2013 Richard C. Holbrooke Distinguished Achievement Award. In 1989, Berry gave a commencement speech in which he exhorted the graduates to:

> Make a home. Make a community. Be loyal to what you have made. Love your neighbors — not the neighbors you pick out, but the ones you have. Love this miraculous world that we did not make, that is a gift to us. Find work, if you can, that does no damage. Beware the justice of Nature. Understand that there can be no successful human economy apart from Nature or in defiance of Nature.

"Whether we and our politicians know it or not, Nature is party to all our deals and decisions, and she has more votes, a longer memory, and a sterner sense of justice than we do."
—Wendell Berry

Berry talks about husbanding the world and is often cited for his pithy philosophical ruminations, much as Oscar Wilde is cited for his aphorisms. Choice Berry maxims include:

- *The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility.*
- *To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival.*
- *Better than any argument is to rise at dawn and pick dew-wet red berries in a cup.*
- *The past is our definition. We may strive, with good reason, to escape it, or to escape what is bad in it, but we will escape it only by adding something better to it.*
- *Whether we and our politicians know it or not, Nature is party to all our deals and decisions, and she has more votes, a longer memory, and a sterner sense of justice than we do.*

Berry is a fellow of Britain's Temenos Academy, a society devoted to the study of all faiths and spiritual pursuits. Such pursuits dovetail with Bayer's approach to life. She is an active optimist. She focuses on the here and now. She looks for ways to improve the world around her. She is not blind to the world's cruelty, but she chooses to keep the more terrifying globe events outside her purview. "The news will always be bad," she said. "The media relies on negatives, fear-mongering, and sensationalism. But there are good things, too." She explained:

> The problems of the world can make us feel hopeless, or paralyzed. But to me, that's where the power of collaboration and creating a place that we love — even in our own small sphere — is critical. None of us can do anything big alone. But anyone, any ordinary person, can do something significant with other people.

"None of us can do anything big alone. But anyone, any ordinary person, can do something significant with other people."
–Kim Bayer

Bayer owes some of her philosophical nature to maturity and native grace. She has also learned from various local heroes. Among them is Grace Lee Boggs, the Chinese-American Detroiter who died at age 100 this past October. Philosopher, writer, and activist, Boggs is said to have done more for civil rights than most black leaders of our era. Bayer echoes Boggs in saying: "We need to grow our souls. Every single person can contribute in some way. We need to create the world anew."

Ann Arbor's Jeanine Palms (profiled in CW Issue 53) is another hero. Bayer calls her "one of our national treasures." Bayer learned from Palms that any ordinary person can touch the lives of hundreds of people. Bayer resembles Palms when she says: "I'm not anything extraordinary. Any ordinary person can do something." Bayer adds: "Jeanine is an example of someone who lives her values. It's incredible how one person can greatly influence so many lives."

Bayer delights in such Ann Arbor events as the Urban Farm & Garden tour in July, which involves visiting different gardens in the Old West Side neighborhood. One backyard has a hoop house. Another homestead has native and edible landscaping. Erica Kempter, a board member of Slow Food and owner of Nature and Nurture Seeds, a local seed company, grows and develops regionally adapted seeds. Her home is on the tour, as is that of Eileen Dickinson, who does biodynamic beekeeping. Bayer and Dickinson talk bees. Bayer said she has learned a great deal from Dickinson. In the wake of Colony Collapse Disorder, they are determined to do their bit to help restore the bee population. Bees are among the most important vectors for plant fertilization — along with wind, water, butterflies, birds, insects, bats, and other animals that visit flowers. Since the bees' disappearance, crops have suffered.

> "It's a challenge because it's not always easy to know how well restaurants match their marketing with their values. Those that do live by good values pay their staff a living wage. The realm of values goes together."
> –Kim Bayer

In at least one of her articles, Bayer mentioned Ann Arbor Restaurant Week. I wondered how it earned this mention, so I asked whether these restaurants use only local or organic foods. Bayer said it's impossible to know. She asks questions. If a restaurant boasts about using locally grown food, she asks: "What farms do you work with? Where are they? What do they specialize in?" She notes that some restaurants will buy a couple of packages of herbs from a local farm and then say they support local farmers. "It's a challenge," she said, "because it's not always easy to know how well restaurants match their marketing with their values. Those that do live by good values pay their staff a living wage. The realm of values goes together."

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She delights in community-driven events that have taken root. She cited "Festifools" as an example.

> It started out as an April Fool's parade. Initially, it was a bunch of crazy people, students. They made huge puppets and paraded down Main Street. It turned into this huge event. It spawned Fool Moon. It brings hundreds of people into the process of creating puppets for these events. It brings luminaries. No one wins anything, but it brings people together in a place of creativity.

Such events reflect a love of community, one of the central tenets of environmentalist philosophers such as Berry and Boggs. Bayer herself has become an inspiration, role model, and source of moral support to many in and around Ann Arbor.

Bayer's close friend, Diana Dyer, testifies to Bayer's influence.

> I consider myself amazingly fortunate to have met Kim, to have had so much time with her, to have had so much of her insight and support. She has had a great impact on my own life. It was Kim who made the comment that, to her, learning about and supporting local food was about forming community. I didn't fully get that right away, but I always remembered her words. I remember exactly where I was, when I realized how enmeshed I was in our area's local food movement. I had acquired a community of supportive new friends with common beliefs and purpose. That moment brought tears to my eyes then and still does today — tears of happiness and purpose and pride.

Dyer is a nationally known dietician, author, and educator. She is also co-owner, with her husband, of the Dyer Family Organic Farm. They grow forty varieties of garlic. They have a CSA. Dyer and Bayer met eight years ago. They began to meet weekly, along with Ruth Blackburn, a mutual friend, at Café Verde on Fourth Street, near the farmers' market. Blackburn is the Nutrition Services Director at the University of Michigan and has a long history of work in food service, education, and farm to school programs. She called Bayer the most "amazingly creative thinker and the best listener I have ever met." Recalling lunches, Slow Food events, and interviews Blackburn felt privileged to attend, she noted that Bayer's "calm, welcoming manner," sans urgency or judgement, puts others at ease. Blackburn considers Bayer a personal role model, someone whose friendship and example she cherishes. The women have helped one another through personal as well as business challenges. They discuss how to live according to their values, "with purpose and joy," as Dyer put it.

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Kim Bayer ~

Continued from page 71

Dyer composed a list of things she admires in Bayer. That list includes:

> Kim's quiet nature and natural kindness; exceptional listening skills; sincere interest in the person speaking; her practice of taking notes about ideas and connections; her wide array of friends and acquaintances; her willingness to call people she does not know; her belief in cooperation versus competition.

“If I could do anything it would be to inspire every person to love their home place and their community, to fight for it and protect it. I have observed that we evolve personally as a result of that struggle.”

–Kim Bayer

“Without Kim's support,” Dyer added, “I don't know if we would have actually had the courage to take the leap in 2009 to become ‘old-new’ farmers.” (Dyer was 59 when she and her husband bought their farm.) “Kim and her husband, Bob, quietly but persistently nudged us to start a CSA for our garlic farm. They were the first to sign up for our CSA back in 2011.”

“I believe the food movement is simply the most powerful place that I can try to intervene in the system of corporate hegemony that creates climate change and the poverty and structural racism that plague our country.”

—Dana Meadows

Bayer said that she feels fortunate “to follow in other footsteps, to find my tribe, and to work alongside incredibly creative, caring, and committed people.”

Knowing that Bayer considers her a close friend is a great honor. Dyer, like others, gushes when talking about this “treasure” of a friend. “Kim has done so much for me. I don't know if I can reciprocate fairly. But I learned long ago that life is not about fair or 50/50, or even reciprocating. It is about sharing and helping where we can.”

It took work to get to know this much about Kim Bayer. With her low-key, soft-spoken, unassuming manner, her private and modest nature, her reticence about her expertise in many areas, she is a curiously endearing presence. When she smiles, the dimples in her cheeks, along with her twinkling blue eyes, light up her face. She is not physically prepossessing, but she casts a spell. People are drawn to her. She is thoughtful and deliberate. She wastes neither words nor energy. Working towards a sustainable future gives value, meaning, and purpose to her days. “It’s all about finding home,” she explained.

> It’s about creating home and a future I want to be in and a future for the people who come after me. I didn’t have a home place growing up, and I know how lost I felt without that. And now when I think about how to be the best version of myself, that version of me aspires toward what the inimitable Mr. Berry suggests: ‘Make a home. Help to make a community. Be loyal to what you have made.’ When you love something you fight for it and protect it. If I could do anything it would be to inspire every person to love their home place and their community, to fight for it and protect it. I have observed that we evolve personally as a result of that struggle.

In a paper entitled “Leverage Points: Places to Intervene in a System,” Donella “Dana” Meadows wrote: “I believe the food movement is simply the most powerful place that I can try to intervene in the system of corporate hegemony that creates climate change and the poverty and structural racism that plague our country.” Bayer embraces that ethos heart and soul. Yet, in her predictably self-effacing way, Bayer added: “I haven’t done much of anything on my own.” She credits many others with the advances made in the local food movements. These others include Deb Lentz, Richard Andres, Diana Dyer, Shannon Brines, Jason Frenzel, the late Chris Bedford, and many others. Farmers Ken and Cathy King, along with other farmers, are “masterful community builders.” They produce food that is good for people and planet. Together, the group has worked to establish what Dr. Martin Luther King called the “beloved community.” The collaborative achievements of this group of people are, as Bayer put it, an example of Margaret Meads’ words: “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” Bayer said that she feels fortunate “to follow in other footsteps, to find my tribe, and to work alongside incredibly creative, caring, and committed people.” She is deeply grateful for the friendships and partnerships she has forged in her pursuit of a better world. She firmly believes in the notion that an alternative universe is possible. It is a universe in which we care for our place and each other. The problems that plague us, said Bayer, “are issues we must solve in our time.”

For more information about the Washtenaw Food Hub, visit washtenawfoodhub.com. For more information about Slow Food Huron Valley, visit slowfoodhuronvalley.com.

Practice Well

Yoga Questions for Katie

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of tips from local yoga instructor, Katie Hoener.

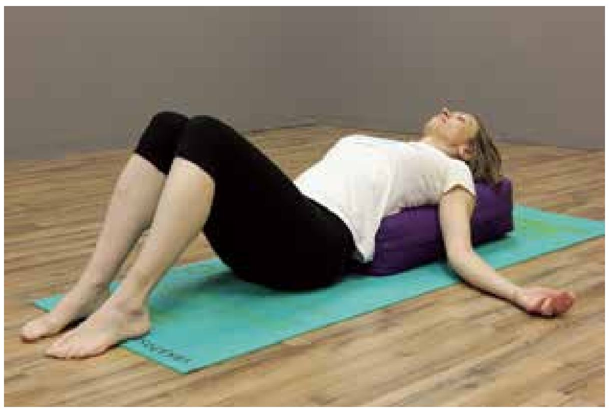
Dear Katie —
I sit at a desk all day and have found that my shoulders are starting to swoop forward slightly. I'm having a harder time maintaining good posture and want to prevent it from getting worse. Is there a yoga pose or two that could help with this? Maybe something that I could do at my desk as well as something for at home?

Nate R., Ypsilanti

For starters, congratulations on having the awareness that this is happening! First, you're going to want to start by finding a good position where you can sit up straight and start activating your back/core muscles — whether that's on a chair or on the floor sitting on a pillow. One thing to realize is that when sitting in most standard desk chairs, they align us so that the knees are positioned higher than the hips. This alignment automatically throws the back into a position of struggle, and can add to the feeling that rounding the shoulders and relaxing the abdomen feels easier, so we often slip into that posture without realizing it. While we are taking the time to work through a few asanas (postures), let's see if we can find the space where the knees can be moving away from the hips. In a desk chair, this may mean allowing the knees to drift open, scooting to the edge of the chair, or propping yourself up on a blanket or a jacket/sweater.

First, bring awareness to your shoulders — perhaps rolling them. Inhale the shoulders toward the ears (while keeping the vertebrae of the neck long, crown of the head floating toward the sky) and exhale, allowing the shoulder blades to sink down the back. If you are able to time these actions with the breath, you will have an even better experience (more benefits of the breath are discussed in a later question). An addition here is, on the exhale, draw the shoulder blades toward one another; this allows the pectoralis muscles (pecs) on the front of the shoulders to open, reducing that tightness.

At home, a supported bridge, Setubandhasana (pictured), is a beautiful way to allow those pectoralis muscles, both major and minor, to open with the breath. In the image provided, we have used a bolster — at home, you can use a folded blanket or pillows to create the amount of height that feels right for your body. This type of gentle backbend has many healing properties, and allowing that opening of the shoulders is one!

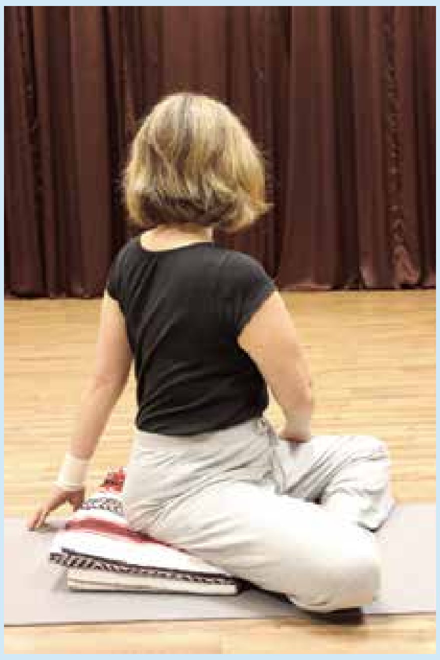


At home, a supported bridge (Setubandhasana) is a beautiful way to allow those pectoralis muscles, both major and minor, to open with the breath.

Dear Katie —
It seems that cold and flu season has arrived earlier this year, and having young children and a health condition myself, I am concerned about alternative ways to keep myself and my family safe from illness. Can yoga help us out?

Ashley S., Dexter

Though, as we know, there is no cure for the common cold or the flu, yoga postures can have excellent immune boosting properties. Our lymph system, responsible for identifying areas of need in the body and sending white blood cells and other healing agents to work throughout the body, has no system of pumping (like the circulatory system has the heart to pump). The lymph fluid in the body is only activated and circulated through the body through movement.



One set of asanas that both release and circulate lymph fluid through the body, enhancing immune function, are twists.

Lymph glands are located throughout the body, though large pockets of them are located under the arms and in the gut, between the stomach and the small intestines. One set of asanas that both release and circulate lymph fluid through the body, enhancing immune function, are twists. Pictured below is Ardha Matsyendrasana, a seated twist. One thing to be mindful of, in any twist, is being careful not to use the arms to pull the spine around — rather we want to inhale length in the spine, and exhale, using the muscles of the backbody to rotate around through the twist, asking the arms to act as placeholders. Keeping the breath deep assists in releasing and moving lymph fluid through the body, as well as in eliminating toxins.

Discussed in Ayurvedic teachings are methods to keep the sinus passages clean through nasal rinses, Neti pots, or simple saline rinses, as the sinus passages help us to filter so many impurities from the air around us.

Dear Katie —
I always tell my friends how serene I feel after practicing yoga — it's much different than going to the gym or doing any other form of exercise. I can't even truly put my finger on why I feel like this, although I enjoy it thoroughly. Can you please explain why I feel so peaceful after I practice yoga?

Lisa Z., Ann Arbor

Lisa — it sounds like you have discovered the foundational elements of yoga! As our essential text *The Yoga Sutra of Patanjali* discusses in Sutra 1.2, yoga is the quieting of the fluctuations of the mind.

So often in the haste and pace at which we live our lives, finding a space where we can experience that place of peace and quiet is rare, and this is the foundation of the practice of yoga. One of the ways that so many of us are able to come to that quieting of the mind, even for a moment, is through a connection with the breath, and through this connection with the breath we are able to find that sensation of peace you seem to be describing.

In yoga the breath is said to be composed of five Vayus, which translates to the five winds of the breath. The Prana Vayu connects to the "in" breath. This part of the breath draws in new life force and energy. Prana creates both length and space in the body. Vyana Vayu relates to the space between the inhale and the exhale. Here, the breath moves through the body, trailing out to the edges of the body and beyond. The Apana Vayus connect to the "out" breath. This part of the breath releases all that we do not need. Apana surrenders and softens the body as it releases and cleanses. Samana Vayu is the space between the exhale and inhale. This portion of the breath allows energy and heat to consolidate in the core of our being. This space is quite powerful. Finally, there is the Udana Vayu, where, once energy has been cleansed and cleared, it begins to circulate through the higher chakras. This space is often accessed in meditation and/or Savasana (the final relaxation part of a yoga practice).

This connection with the breath and the clearing of the mind can lead to a very heavy (in a comfortable way) sense of peace and calm. Hopefully this will help you encourage your friends to share a practice with you!

One of the ways that so many of us are able to come to that quieting of the mind, even for a moment, is through a connection with the breath. In yoga the breath is said to be composed of five Vayus, which translates to the five winds of the breath.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings at Sun Moon Yoga in Ann Arbor. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to Katie@veraposeyoga.com.

Mindfulness in Education Begins to Thrive — An Interview with School Psychologist Mary Spence

Interview by Bill Zirinsky
Photos by Linda Lawson

Bill Zirinsky: Mary, mindfulness has arrived, or at least the word "mindfulness" is everywhere in the culture at large. You said to me that you "hope it survives its popularity." Simply stated, what is mindfulness?

Mary Spence: The definition of mindfulness provided by its founder, Jon Kabat-Zinn, includes three essential components: 1) Paying attention in the present moment, 2) On purpose and 3) Without judgment.

I want mindfulness to survive its popularity because I believe that the practice of being mindful can remind us of who we really are, bring us back to our common humanity, and invite us to remain integrated in mind and body. Even though I doubt we will see mindfulness practices adopted universally in schools or other governmental organizations, I am hopeful that the work will continue to grow and be valued, particularly as one of the essential skill-sets for the development of social-emotional learning (SEL). [Social and emotional learning (SEL) involves understanding and managing emotions, setting and achieving positive goals, feeling and showing empathy for others, establishing and maintaining positive relationships, and making responsible decisions, according to CASEL, the Collaborative for Academic, Social, and Emotional Learning.]

I think the widespread interest in mindfulness practices can remind us all that we need to "create space" in our lives through reflection and creative pursuits — something I believe to be sorely lacking in our fast-paced, techno-driven, results-oriented society.

Bill Zirinsky: How is mindfulness different from meditation?

Mary Spence: I suspect that depends on who you talk to, especially with the increasing interest in mindfulness. Whenever a new, particularly salient method of relief from suffering becomes popularized, so too do the number of iterations in how people define it. My view is that mindfulness is a broader term than meditation. It refers to one's ability to live life from a less ego-driven, fear-based place. Usually this is best accomplished from a deep understanding of the nature of the mind and practices that allow you to regularly make contact with, and sustain connection to, the spaciousness of your inner awareness.

> I welcome more rigorous and longitudinal studies of mindfulness with children but, in the trench of education, many of us are not willing to wait another 20 years.

> My view is that mindfulness is a broader term than meditation. It refers to one's ability to live life from a less ego-driven, fear-based place… For me, mindfulness is being contemplative and compassionate, to yourself as well as others; letting go of ego; and recognizing our common humanity.

Meditation is typically the vehicle by which this most readily occurs and I'm a staunch advocate of developing a meditation practice for individual well-being. Nowadays, learning to meditate is recognized as a stand-alone practice and recommended by many, including WebMD, the Mayo Clinic, and other medical/mental health pundits. Extensive studies are documenting the benefits of regular meditation practice on the brain's health and well-being. However, I don't believe that it is essential to developing a mindful presence in your life. For me, mindfulness is being contemplative and compassionate, to yourself as well as others; letting go of ego; and recognizing our common humanity.

Historically, meditation practices were frequently affiliated with religious or spiritual traditions. Scholarly definitions of meditation include differentiating between focused and open awareness, with mindfulness practices viewed in the latter category. Both meditation and mindfulness involve becoming silent and still for periods of time to allow for an inner focus. Some view mindfulness as a specific type of meditation practice, while others may see its use of inner focus overlapping with meditation, but broader because of the incorporation of neuroscience and didactic lessons about the nature of the mind, which is unique to secular, current-day mindfulness practice.

Bill Zirinsky: You are a school psychologist as well as a co-founder and board member of the Michigan Collaborative for Mindfulness in Education (MC4ME). We wrote about the organization last year in our Kids Column. From what I can gather, MC4ME is involved mostly in local outreach, and is functioning as a clearinghouse for the "local mindfulness in education community." It's been almost two years since it was founded. How's it going?

Mary Spence: It's going great! We have clearly provided something people are interested in, filling the U-M Rackham Auditorium in April 2014 with our debut event, a showing of the movie *Room to Breathe*. We publish a quarterly newsletter and have almost 600 people on our mailing list. Though we do have a critical mass here in Ann Arbor, we elected to be a statewide organization with a mission of using mindfulness for transforming Michigan school communities.

Our events have included bringing national-level trainers to teach specific curricula, e.g., Dr. Trish Broderick's Learning to BREATHE for adolescents in March 2015, presentations at state and national conferences on the importance of mindfulness to SEL and the use of mindfulness in special education, movie showings with facilitated practice and discussion, and leading retreats as well as peer gatherings for colleagues interested in using mindfulness in their teaching practice. We also collaborated with the Ann Arbor Center for Mindfulness in October 2015 to sponsor Dr. Kristin Neff, a leading expert in self-compassion, and Skyped her into Crazy Wisdom's monthly book discussion series last August to answer audience questions.

Beyond that, many of us are teaching mindfulness regularly in classrooms in various school districts, including Ann Arbor, the Flint area, Birmingham, and Southfield, as well as providing educator and parent trainings. Dr. Rita Benn, co-president of MC4ME, just completed teaching an eight-week course in mindfulness for educators in the Oakland County Schools, which sold out.

We get contacted regularly for support from community members interested in our work and we're open to discussing how we can meet the need, including working to ensure our organizational structure will allow for ways to subsidize high-risk populations getting services. We're reaching out to potential donors who believe in our mission and through their generosity can help us build sustainable, to-scale mindfulness programs in schools. We're dedicated to fostering the teaching and dissemination of mindfulness practices in K-12 and higher education using best practices, established curricula, and scientific evidence. Our vision: Compassionate and mindful school communities throughout Michigan, where all students thrive.

BZ: Is the MC4ME soon to be bringing any new workshops or special programs to the area?

Mary Spence: We're constantly planning upcoming events. We are currently providing a mindfulness curriculum to Girls' Group, a local organization that seeks to empower middle - and high - school girls to achieve emotional and economic security by graduating from high school and becoming first-generation college graduates. We're excited to be leading a half-day retreat on mindfulness practices on January 23, 2016, at the University of Michigan. We will be presenting on "Mindfulness in Society" as part of Zingerman's popular ZingTrain series sometime this spring. Dr. Sam Himelstein, former executive director of the Mind-Body Awareness Project, will be coming to provide training on using mindfulness practices in the area of substance abuse on April 15-17, 2016. The best way to stay in touch is to go to our website (www.mc4me.org) and also sign up for our mailing list.

> The Michigan Collaborative for Mindfulness in Education [MC4ME] is dedicated to fostering the teaching and dissemination of mindfulness practices in K-12 and higher education using best practices, established curricula, and scientific evidence. Our vision: Compassionate and mindful school communities throughout Michigan, where all students thrive.

BZ: Why mindfulness now? Why mindfulness in education?

Mary Spence: Michigan is hovering in the low 30's out of the 50 states when it comes to a child's overall well-being, as ranked by the Annie E. Casey Foundation. Our aim is to impact this ranking, which is based on 16 key indicators, including economic and educational measures. A recently released federal school health model supported by the Centers for Disease Control, entitled "Whole Child, Whole Community, Whole School," supports the more holistic approach to well-being, recognizing the critical connection to learning and achievement. We believe MC4ME is part of that work and schools are the venue to reach all children most readily.

With decreased school funding and the increasingly stressful working conditions educators face — 50 percent of teachers leave the profession within five years — we know this work can be of benefit to the development of resilience in children, as well as to educators and parents who are committed to children's well-being. Without resilient teachers and parents, it's difficult for children to thrive. Compassion fatigue is, sadly, alive and well for many parents and teachers who deeply care about their children's futures when the horizon, at times, looks pretty bleak. Resilience is hard to develop without hope.

BZ: What are the benefits of a mindful curriculum in the educational sphere?

Mary Spence: The research evidence with children is still relatively new, compared to over three decades of scientific research with adults illustrating the positive effects of mindfulness training, with brain-imaging, as well as more traditional treatment/behavior research, both validating the benefits. The studies that have been conducted with child populations are beginning to replicate adult-level findings. However, premier researchers, such as Mark Greenberg, caution that the findings are not "rigorous, robust, and long-term," which has merit.

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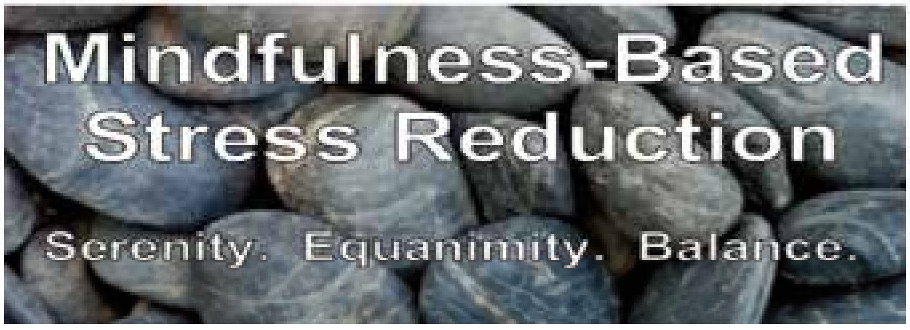
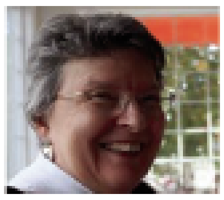

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Mindfulness in Education

> A recently released federal school health model supported by the Centers for Disease Control, entitled "Whole Child, Whole Community, Whole School," supports the more holistic approach to well-being, recognizing the critical connection to learning and achievement. We believe MC4ME is part of that work and schools are the venue to reach all children most readily.

The Board of Directors of the Michigan Collaborative for Mindfulness in Education: (left to right) Kristin Ervin, Mary Spence, Veronica Sanitate, Trice Berlinski, Mary Ann Morris, Sandy Finkel and Rita Benn

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Mindfulness complements the SEL movement by teaching children the specific skills important to real self-awareness and self-management. Linda Lantieri recently wrote an amazingly wise treatise in the *Huffington Post* about mindfulness and SEL that is worth reading. http://www.huffingtonpost.com/vicki-zakrzewski-phd/how-sel-and-mindfulness-c_b_7057018.html.

While I suspect there may be some turf issues at hand between proponents of SEL and advocates for mindfulness, reasoned people likely can acknowledge that not all learning comes from didactic teaching, and many of our "a-ha" moments are generated from within. Daniel Goleman, author of *Emotional Intelligence*, talks about the importance of "bottom-up" knowledge, which is otherwise involuntary, automatic, and out of conscious awareness, providing much more information about how to live by our values and sense of purpose than 'top-down" (didactic) lessons — and I concur with that. I welcome more rigorous and longitudinal studies of mindfulness with children but, in the trench of education, many of us are not willing to wait another 20 years. A recent article in *The Atlantic* by Lauren Cassini Davis posited a rationale I concur with: "As Paul Tough argued and popularized in *How Children Succeed*, stress early in life can prompt a cascade of negative effects, psychologically and neurologically — poor self-control and underdeveloped executive function, in particular. The U.S. education system's focus on cognitive intelligence — IQ scores and academic skills like arithmetic — undermines the development of equally vital forms of non-cognitive intelligence. This type of intelligence entails dimensions of the mind that are difficult to quantify: It is the foundation of good character, resilience, and long-term life fulfillment. It is this part of the mind that mindfulness seeks to address."

The additional benefit for embedding mindfulness practices into educational environments is that it allows the staff to take short respites to recalibrate their own well-being, something we know is important for two key aspects of optimal functioning: focus and emotional regulation. However, in the moment-to-moment experience of teaching, finding these small but valuable spaces is often very difficult. MC4ME believes that in order for our children to learn and learn well, they must feel valued, be mind/body healthy, and be surrounded by similarly situated adults.

I welcome more rigorous and longitudinal studies of mindfulness with children but, in the trench of education, many of us are not willing to wait another 20 years.

BZ: You told me you started doing yoga at age 15. How did that transpire?

Mary Spence: I attended an open school, affiliated with Mankato State College in Minnesota, where my father was director of the Art Department. Because I was attending an open school, I could take classes in most any shape and variety, including college-level classes. The college president's wife, Nita Nickerson, was my first yoga teacher. She began the first class with her personal story about having contracted tuberculosis earlier in her life and being told she would never walk again, so she started doing yoga. Needless to say, that story had great impact on me and I've been a practicing yogi, more and less, since then. There is something about being made aware of big ideas during adolescence — in this case, the importance of remaining centered and creating space in our physical bodies — that can have real staying power.

I always thought meditation was a great idea conceptually, but I was too busy, too outer focused, too engaged with the world and in being productive to take it up.

BZ: And have you continued to meditate through the decades?

Mary Spence: Well, I'm a hard luck story when it comes to practice. While I continued to do yoga as part of a regular exercise program — long before physical education programs valued the great benefits it provides in both strength and flexibility — I didn't really get intrigued on the experiential level about meditation until I was in my late 40's. Don't get me wrong; I always thought meditation was a great idea conceptually, but I was too busy, too outer focused, too engaged with the world and in being productive to take it up.

I think it was when I had young children and was working full-time, simultaneous to completing a PhD, that the edges of my Type A-ness began to fray. My intellectual curiosity about how Western psychology was beginning to interface with Eastern philosophies, particularly Buddhism, really took hold. Though I meditated on and off (mostly off), it was my involvement with the research initiative M-SMART in 2010 with the University of Michigan and Ann Arbor Public Schools that concretized my meditation practice.

BZ: You told me that meditation had been "a nice thing to do," but that now it's more than that. What is it now?

Mary Spence: Now meditation is a daily practice that helps me stay connected with my inner being. It's a definite boon to my own mental health. Without surprise to those of us in the helping professions, my own balance and well-being greatly affects the accessibility of my professional skills in my work with others. As I have grown in my mindfulness practice, I have been able to encourage and nurture others in their practice as well.

A number of my colleagues have told me that I have helped to mentor them to develop their own practices — including key mindfulness concepts such as generosity, compassion, and impermanence — and to integrate these into their work with students and their families. This is very gratifying to me personally to know I have made a difference to teachers, students, and their families. I think I am most honored to do this work when I have been able to facilitate teachers and parents in their approach to working with a challenging student, rather than get lost in the blame game with each other, so common when life "goes wrong." Ultimately, our children are the beneficiaries of this difficult, but possible, change in how we manage school-related problems at the systemic level.

> Now meditation is a daily practice that helps me stay connected with my inner being. It's a definite boon to my own mental health.

BZ: You did a seminal study with Rita Benn on using mindfulness with teachers and parents of kids with special needs, about five years ago. Tell us about that study, please.

Mary Spence: After I began working as a school psychologist for the Ann Arbor Public Schools (AAPS) in 2009, I met Rita Benn through Jacque Eccles of the Mind Life Institute. Rita proposed that we offer a secular mindfulness curriculum in the Ann Arbor Public Schools that had already been studied with general education teachers in a couple different locations. We wanted to see how mindfulness training would impact individuals who are often considered to have very high stress levels — in this case, special education professionals and parents of children with disabilities. Rita served as the primary investigator on this study, M-SMART (Michigan-Stress Management and Relaxation Training), with the support of AAPS Superintendent Todd Roberts and Special Education Director Larry Simpson. The findings were comparable to previous SMART findings, with increases in the use of mindfulness practices, including self-compassion and empathy, along with reductions in depression, anxiety, and overall stress. These changes were seen at the end of the intervention, as well as at the two-month follow-up.

> We know this work can be of benefit to the development of resilience in children, as well as to educators and parents who are committed to children's well-being. Without resilient teachers and parents, it's difficult for children to thrive.

BZ: How is mindfulness at the base of social-emotional learning (SEL)?

Mary Spence: SEL has been invaluable in helping mandate more focus on critical relational skills and demonstrated significant increases in academic growth (see **CASEL: Collaborative for Academic, Social, and Emotional Learning** www.casel.org) When SEL programming is implemented in schools with fidelity, achievement scores are boosted on average of a full standard deviation. Currently, there are three legislative bills in Congress (HR 497 & 850, S. 897) that would require schools to train and support teachers in SEL in all schools. Five key competencies define SEL: 1) Self-awareness, 2) Self-management, 3) Social awareness, 4) Relationship skills, and 5) Responsible decision-making.

SEL curricula are typically didactic and cognitively based techniques. While these programs are of great benefit, I believe they are limited by the lack of teaching children an inner focus. Teaching children about the nature of the mind, i.e. mindfulness, helps with deep skill development in two of the key areas of SEL: self-awareness and self-management. I think that, without mindfulness, the programs often remain proscriptive and don't capitalize on the inner knowledge, often so essential when struggling with social-emotional issues. By teaching the ability to go within and utilize their inner awareness, children will be better able to use more of the skills that are the bread and butter of SEL programs.

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Together, mindfulness approaches with SEL programming are very promising in giving children a great start to having both productive and happy lives. What more could we ask for?

BZ: What have been the areas of focus for you, in your career as a school psychologist?

Mary Spence: I started out my career in a number of social service settings, including protective services, community mental health, state hospitals, and a psychiatric prison. I mention my earlier background as I think it was formative in my professional role now. My strong advocacy for mindfulness is undoubtedly borne out of my extensive experience in knowing first-hand the significant limitations that systems have in supporting the very individuals we are relegated to serve. The issues schools face are mirrored in most every other health and human service organization I know, likely in part due to the limited resources available to the organization and the unlimited needs of the consumers of those services.

I've worked with a number of students who have had substantial challenges and, from each one of them, I have learned a great deal. My professional interests include systemic applications of mindfulness to education, universal design of supports for students, advocating for a well-being emphasis in schools, improving transition services for older students, stopping the school-to-prison pipeline, and building programs of social-emotional support for students, teachers, administrators, and families.

BZ: Tell us about your evolution as a school psychologist, in the context of the need for mindfulness in education. Where have you seen a need that wasn't being met, and how/why does mindfulness help to meet that need? How does mindfulness help teachers and staff?

Mary Spence: Teachers and staff rarely have much of an opportunity to stop and reflect on what's happening in the stream of consciousness called teaching. Working in school environments has an intensity like no other. Teachers often don't get breaks or lunch hours and must work additional hours without compensation to meet the needs of their students. As a rule, they are highly devoted to helping children and their families in all kinds of ways and their devotion can easily shift into unhealthy levels of worry and anxiety. Sometimes, this stress can really become a burden and affect their ability to maintain perspective, especially when dealing with a challenging student or when a number of students who struggle with focus or emotional regulation are placed in their classroom.

Recently, I co-taught a pilot program called "Cool Tools for School" with an occupational therapist colleague. The 2nd grade class was heavily impacted with children who had disabilities. The teacher, who participated in a mindfulness program along with her class, said, "One thing I really liked about mindfulness was that it gave the children a common language and got them thinking about their internal feelings...how they could help settle themselves... I also liked taking some time as a class to really focus on how we were feeling internally, and hopefully being able to get as many of us as possible to the 'just right' place (for learning). Finally, I thought it was great that this was something in which all of us participated. I think when kids see teachers doing something, they may be a bit more invested in it themselves."

Mindfulness acknowledges teachers have a hard job and often can put them back in touch with why they got involved in the profession in the first place — because they deeply care about children — and helps them to sustain that intention, even with all the demands placed on them day after day.

BZ: How does mindfulness help kids who suffer?

Mary Spence: While I believe mindfulness practices should be a standard part of any comprehensive SEL curriculum in schools, individual students often benefit from individual support using these practices. I am currently working with a student in preparation for a major surgery coming up that weighs heavily on her mind and impedes her ability to focus in school — understandably. I also have done brief interventions for children who are dealing with issues related to anxiety, anger/aggression, or focus, to teach them basic mindfulness skills, with the approval of the parents, teacher, and school administration.

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Mindfulness in Education — An Interview with Mary Spence

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One of these students was a young boy who had been at the same school for two years and continually had problems with controlling his anger. This often led to other children getting hurt and, when staff tried to intervene, the student became even more defiant, often spending hours in the office and missing class. Eventually, he was referred to special education and certified as emotionally impaired. The following year, he began learning about mindfulness with me. The transformation in his behavior was nothing short of amazing, once he began to understand that he had a choice when he found himself experiencing strong, negative emotions.

This past school year, he has required very little discipline. The school staff are thinking that he may be able to be de-certified from special education with such dramatic improvement in managing himself. His mother has seen him teaching other children at home when they are really upset. Recently, when he was asked how he might help a younger student who was having a hard time controlling his anger like he used to, he smiled and asked the student, "Do you want to learn mindfulness?"

BZ: How can a mindfulness curriculum help elementary school kids? And is it being implemented with young kids currently in the Ann Arbor area?

Mary Spence: Absolutely, mindfulness can help elementary-aged children! In fact, I believe that introducing children early in their development improves their ability to focus and regulate their emotions — two areas often cited when students are struggling. Studies on cognitive control and SEL show long-term positive effects from teaching these skills to children and I believe mindfulness will be found to be a great vehicle to augment some of the already existing outer-focus methods.

Because mindfulness uses moment-to-moment awareness, it has parallels to essential elements of play. This makes it perfect to teach young children, who often don't live in their heads as much as we do once we've been socialized to sit still, think, and produce. Ironically, by honoring this important connection between mind and body, the end goal we desire is much more likely to authentically take hold, so that teachers can more readily teach good curriculum without having to wade thru all the classroom management issues. A great video of children telling us in their own words how mindfulness has benefitted them can be found at this link: https://www.youtube.com/watch?v=RVA2N6tX2cg

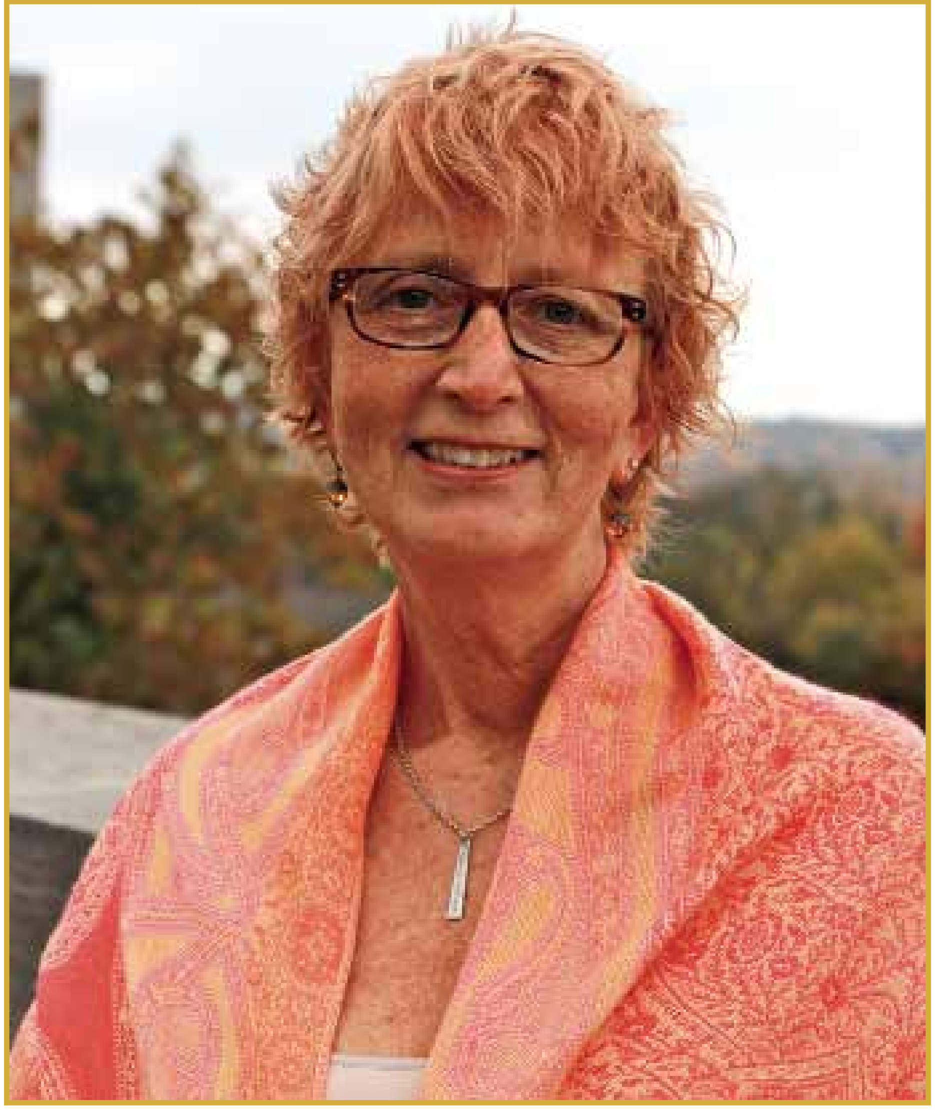
How much mindfulness practices are being used in the Ann Arbor area is not something I have a good handle on. It makes me think that a needs assessment survey would be a great idea. I know I utilize these practices in all the schools that I service and a significant number of my colleagues, especially teachers, are finding the benefits of mindfulness strategies and using them in their classrooms. There is increasing interest in making mindfulness a part of what happens in schools; advocates for the work can be found in all major stakeholder groups, including ancillary staff charged with mental health support, teachers, parents, administrators, and the students themselves.

BZ: What about mindfulness for middle-school kids, is it being implemented at all? What's the particular need for that age group and how might mindfulness begin to make a difference?

> A number of my colleagues have told me that I have helped to mentor them to develop their own practices — including key mindfulness concepts such as generosity, compassion, and impermanence — and to integrate these into their work with students and their families. This is very gratifying to me personally to know I have made a difference to teachers, students, and their families.

Mary Spence: Middle-school-aged children also reap benefits from learning these skills and being in environments that are open, creative, and exploratory. One student approached their middle school administrators about continuing mindfulness classes, after having been taught mindfulness at an elementary school the year before. I think that mindfulness work is most suitable for helping middle-school youth through this often-tempestuous developmental period.

Ann Arbor Open School (AAO) has really embraced mindfulness principles at all levels, including in its middle-school-level program. Because individual learning and deep connections between teachers and students are central tenets to the open education philosophy, an emphasis on the development of SEL skills has been a priority within the school since its inception. As secular mindfulness programs developed, staff already deeply knowledgeable about SEL practices readily saw the value of incorporating mindfulness into their instructional practice.



Mary Spence received her PhD in Clinical and Educational Psychology from Wayne State University. She is on staff with the Ann Arbor Public Schools, and also works at the Chelsea Center. She is a co-founder and board member of the Michigan Collaborative for Mindfulness in Education (MC4ME).

During 2009–2010, a number of AAO staff participated in the M-SMART program, including Kit Flynn. Kit was then AAO's Media Specialist and took her training with M-SMART to heart in her teaching practice. When she was promoted to AAO's principal in 2011, one of her first actions was the purchase of the MindUP curriculum for all K–8 teachers, using school improvement funds. [MindUP is a program from actress Goldie Hawn's Hawn Foundation that offers a set of social, emotional and self-regulatory strategies and skills, developed for pre-K through middle school students.]

In 2013, Edie Linton, one of the participating teachers, followed up to secure a grant from the AAO Coordinating Council to purchase supporting literature and nonfiction books referenced in the MindUP teacher materials. Teachers have been excited about having access to these materials and are currently integrating many of the lessons in their classrooms.

In 2010, a federal mandate required all schools to develop a Positive Behavior Interventions and Support (PBIS) program. In 2011, AAO's PBIS Committee membership included several graduates of M-SMART, which shaped the direction of the committee's work. The committee proposed three key tenets to be the main focus of this program: 1) Be kind, 2) Work hard, and 3) Be mindful. The PBIS plan was adopted school-wide and, as a result, mindfulness was also incorporated into the School Improvement Plan in 2012.

In addition to these events, trained staff began to teach the mindfulness curriculum as guest teachers in a number of classrooms. During the 2013–2014 school year, the Mindful Schools curriculum was taught in a 3rd/4th grade classroom as well as a resource room. During the 2014–2015 school year, the curriculum was taught in a 5th/6th classroom and three of the four 3rd/4th grade classrooms, with intentions to expand it in the future.

BZ: And what about high school students? You told me that many kids are prescribed psychoactive medication and most kids experiment with drugs and alcohol, with a subset of those using an unhealthy amount of substances or becoming addicted. In addition, suicide is a concern. Please give us some examples or stories of how mindfulness can help teenagers.

> A young boy who had problems controlling his anger... was referred to special education and certified as emotionally impaired. The following year, he began learning about mindfulness with me. The transformation in his behavior was nothing short of amazing, once he began to understand that he had a choice when he found himself experiencing strong, negative emotions.

Mary Spence: Adolescents today are vulnerable to stress in a myriad of ways. Adolescents often experience feeling “out of control.” When unduly stressed, the developing mind of the adolescent may not yet have found healthy ways to cope with the intense, changing landscape that is part of transitioning to adulthood. They are susceptible to using emotional avoidance strategies like substance abuse, which can, sadly, become a habitual way of coping into their adult lives.

As I previously mentioned, we sponsored Dr. Trish Broderick’s “Learning to BREATHE (L2B)” training here for adolescents last March and are very supportive of that work. Research on L2B has found that students who have taken the curriculum:
1) Strengthen their emotional regulation, 2) Are better able to focus their attention, 3) Manage stress more effectively, and 4) Show improvements in both interpersonal skills and academic performance, as well as report improvements to their overall well-being.

The classroom-level work I am doing with adolescents this year is already very gratifying. They are attentive and curious about the nature of their minds. While the lessons are 15 minutes in length, students have asked to have them extended and have been very excited about learning new skills to “go within.” A number of research studies on mindfulness have been conducted with adolescents, showing effectiveness around a number of mental health concerns. Readers are encouraged to check out this YouTube video for a look at what adolescents say after participating in mindfulness training. Pediatrician and adolescent medicine specialist Dr. Dzung Vo eloquently articulates how accessible mindfulness can be with some training and how it can be of great benefit to adolescents, who are at a pivotal time in their life’s development: https://www.youtube.com/watch?v=kk7IBwuhXWM.

> Because mindfulness uses moment-to-moment awareness, it has parallels to essential elements of play. This makes it perfect to teach young children, who often don’t live in their heads as much as we do once we’ve been socialized to sit still, think, and produce.

BZ: Tell us about the documentary film, *Room to Breathe*, for which you held a showing in 2014.

Mary Spence: *Room to Breathe* is a documentary film about an Oakland, California school's journey into mindfulness in a middle school program. School officials agreed to allow Mindful Schools, a then small but dedicated group of professionals, to come teach mindfulness in classrooms, really out of desperation. The school administration and teachers noted that the students were so unfocused and emotionally charged that learning academic content was really compromised. “Room to Breathe” shows how the use of mindfulness can be transformative and generates deep discussion among those who are open to the work about how to move forward. We love the film and are available to facilitate showings of it, as well as several other documentaries that spark interest in the work. See www.roomtobreathefilm.com and contact MC4ME if you’d like us to come for a showing.

BZ: What books do you recommend to our readers on mindfulness, and on mindfulness in education?

Mary Spence: There are SO many choices out there, it’s hard to give a succinct listing of books. There are a number of great children’s books worth exploring in Crazy Wisdom’s children’s books section. Some of my favorite recent titles include Dan Siegel’s *Brainstorm: The Power and Purpose of the Teenage Brain*, Kristin Neff’s *Self-Compassion* books, Trish Broderick’s *Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance*, and Daniel Rechtschaffen’s *The Way of Mindful Education: Cultivating Well-Being in Teachers and Students*.

> *Room to Breathe* is a documentary film about an Oakland, California school’s journey into mindfulness in a middle school program. [It] shows how the use of mindfulness can be transformative and generates deep discussion among those who are open to the work about how to move forward.

BZ: Has the MC4ME been sponsoring gatherings, bringing interested educators together?

Mary Spence: Yes, our peer gathering meetings have allowed us to meet with educators to share practice tips, resources, and a sense of community with other educators who are doing the work. Often, people don’t have much support in their own school environments for incorporating the mindfulness curriculum, so this has been useful in helping sustain peoples’ heartfelt desire to embed mindfulness in their teaching practices. We also invite retreat participants to join us for lunch afterward, which provides a great opportunity to network with others doing the work. We hope to continue this service to educators and to include discussions with school administrators about how to bring the mindfulness work to scale, as interest and knowledge of its benefits increases.

BZ: You told me that MC4ME is "building an infrastructure for educators." How?

Mary Spence: We offer trainings that provide the kind of skill-sets that support teachers’ emotional well-being, knowing that the amazing work teachers do is greatly enhanced when they care for themselves. We obtain the kinds of professional credits educators need to remain certified, such as SCECHs for educators and CEUs for social workers. Because we know many teachers have taken substantial pay cuts in recent years, we try to ensure that they can take care of the obligatory training while also tending to their well-being.

BZ: You've got a great board of directors, and our readers can read about your colleagues on the website. But, please tell us who each person is, in just a sentence or two.

Mary Spence: Okay, here goes:

(l to r) Benn, Sanitate, Spence, Finkel, Morris, Ervin and Berlinski

Rita Benn spearheaded the formation of MC4ME and serves as a co-president. She is the director of the Faculty Scholars Program in Integrative Healthcare at the University of Michigan and is the primary investigator in a recently published study about the influence of secular mindfulness curriculum (M-SMART) on well-being for parents of children with special needs and school personnel. She has been practicing meditation for 30 years. Rita is facilitating mindfulness training for the Girls’ Group and just completed a mindfulness class for educators at Oakland County Schools.

Veronica Sanitate is an owner and vice president of Ocean Organics Corp. as well as a published poet, writer, and Reiki Master healing practitioner. She began her professional career as a secondary teacher, so she knows what life is like in the classroom. Veronica has a long-held passion for education and a deep desire to aid those who are not served by our current systems, as well as being a strong advocate of social justice.

Sandra Finkel has been teaching meditation for 30 years and is co-founder of Jewel Heart Buddhist Center. She is the owner of Intentional Balance, LLC, a mental health performance consulting company serving individuals and groups in business, education, health care, and athletics. She has taught mindfulness and other focusing skills at University of Michigan’s Medical School and Ross School of Business, and to the U-M men’s basketball team from 2011–2013. Her collaboration with Barbara Frederickson researching the effects of lovingkindness meditation on positive emotions and flourishing is featured in Frederickson’s book *Positivity*. She is also facilitating mindfulness training at the Girls’ Group.

Mary Ann Morris worked in education for 40 years as a teacher, guidance counselor, and school psychologist and has a deep knowledge about what it’s like to work in schools every day. She is dedicated to supporting the teaching of mindfulness in schools. Mary Ann does considerable outreach work, meeting with parents or school staff who are interested in mindfulness programming, and helps us connect the dots by her voracious love of reading current trends in education. She is co-leading a Girls’ Group at Tappan Middle School in Ann Arbor.

Kristin Ervin is one of the MC4ME co-presidents and has taken a real lead in our organization’s development. She is founder and teacher at *Got Mindfulness, LLC*, facilitating mindfulness training in schools in Oakland County. Kristin has received her certification in mindfulness from Mindful Schools as well as from the Mindful Education Institute, where she studied under Jon Kabat-Zinn and Jack Kornfield. It is her passion to educate kids about their inner world of thoughts and emotions by expanding the movement of mindfulness and education and social and emotional learning. She is currently teaching mindfulness in 6th grade classrooms in the Southfield schools.

Trice Berlinski is certified through Mindful Schools, MindUP, and Mindfulness in Schools to teach mindfulness to children and as a meditation instructor through the University of Holistic Theology. She is the owner of Presence to Pupils, LLC, a mindfulness meditation-based consulting service with clients including the Fenton Parks and Recreation system, yoga studios, and elite athletes. She also worked for the Crim Fitness Foundation in Flint teaching mindfulness to teachers, to children in the classroom, and others.

BZ: Thanks, Mary, for this greatly informative overview.

Mary Spence: Thank you, Bill, my pleasure.

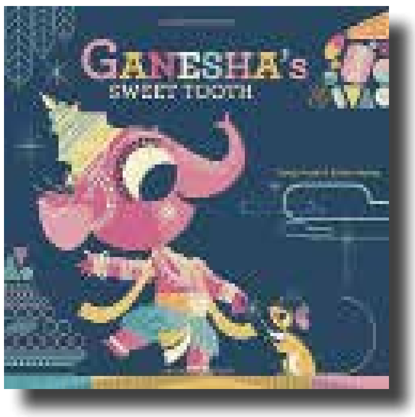
The Crazy Wisdom Kids Section

Book & Media Reviews – Great Kids Books & CDs available at Crazy Wisdom in our Children's Section

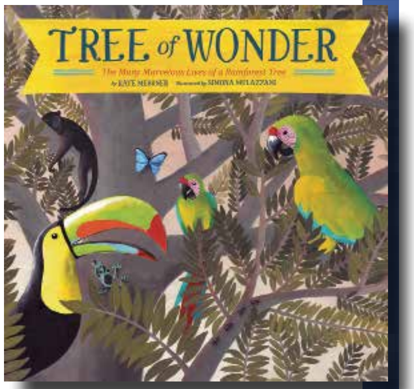
Crazy Wisdom Kids

By Sarah Newland,
Waldorf parent of two children, ages 9 and 17

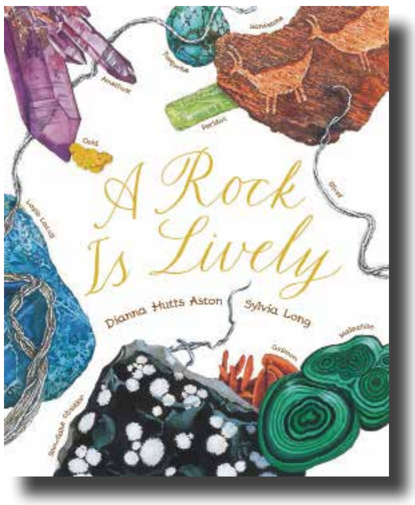
Ganesh's Sweet Tooth
By Sanjay Patel and Emily Haynes
This is not a retelling of the classic legend of how Ganesh broke his tusk, though it is loosely based on the story. Some elements and scenes in this book are not found in Hindu mythology (the super jumbo jawbreaker laddoo!), and certain plot points were changed to develop an original, fun picture book. It will entertain and inspire readers to learn even more about the rich and varied stories of Hindu mythology.
$7.99



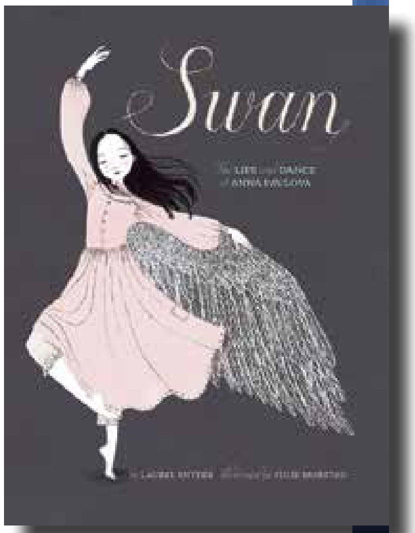
Tree of Wonder: The Many Marvelous Lives of a Rainforest Tree
By Kate Messner and Simona Mulazzani
This is a lush and fascinating book about the rainforest's abundant beauty and the wonderful multiplicity of life sustained by just one almendro tree. Your child will search and count through each page while learning scientific facts about each animal.
$16.99



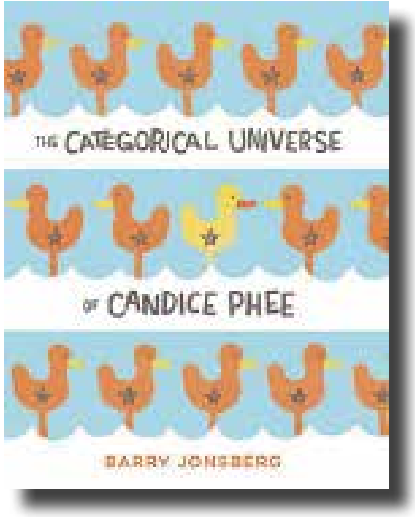
A Rock Is Lively
By Dianna Hutts Aston and Sylvia Long
A book about rocks and crystals for kids! Sometimes a book comes along that is just perfect for Crazy Wisdom. This is one of them. Beautiful pictures combine with just enough facts to keep slightly older children interested. Fun for budding geologists.
$7.99



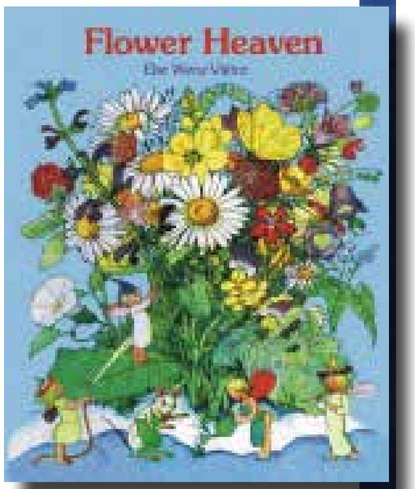
Swan: The Life and Dance of Anna Pavlova
By Laurel Snyder and Julie Morstad
One day, Anna's mother takes her to the ballet, and the girl's simple life is changed forever. Anna grows up to become the most famous prima ballerina of all time. The elegant style of these drawings are captivating, and the book is perfect for slightly younger kids interested in dance.
$17.99



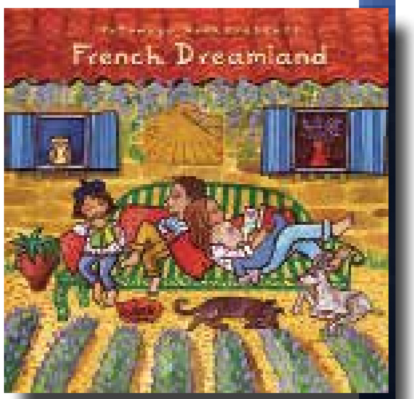
The Categorical Universe of Candice Phee
By Barry Jonsberg
Candice Phee isn't your typical 12-year-old. She has more than her fair share of quirks. But she also has the very best of intentions and an unwavering determination to make sure everyone around her is happy. Which is no easy feat when you're dealing with a pet fish with an identity crisis, a friend who believes he came from another dimension, an age-old family feud, and a sick mom. But she is on a mission. This is a heartfelt and fun book for middle schoolers.
$6.99



Flower Heaven
By Else Wenz-Vietor
In the Waldorf tradition of Elsa Beskow, this lovely little book is about what happens to plants and flowers once their petals have been plucked or uncared for. The angels in flower heaven nurture and heal them, of course!
$16.95



French Dreamland cd
By Putumayo World Music
These charming lullabies will transport you to the lavender-scented French countryside. Wonderful for Francophile parents, too!
$13.95



You may also purchase the reviewed books at shopcrazywisdom.com by either visiting the website or scanning the QR code on the right.

You're never too old, too wacky, too wild, to pick up a book and read to a child.
- Dr. Seuss

Growing Visionary Educational Communities

By Dr. Ethan Lowenstein

On October 5, 2015, the Detroit activist and scholar Grace Lee Boggs died at the age of 100. I am among the fortunate many who had the opportunity to work and organize with Grace and who were touched by her presence. Grace's efforts to help young people develop a deep sense of belonging to their communities, and a sense of their own worth through the practice of making their communities more just and loving places, continue to inspire what we do at the Southeast Michigan Stewardship Coalition (SEMIS Coalition). In the face of the social and ecological crises we are currently confronting, and with an educational system that sometimes seems more concerned with test scores than with community, Grace's educational message and our work at the SEMIS Coalition couldn't come at a more important time.

> "Grow your souls and stay in the same place for a long, long time." — Grace Lee Boggs

I first worked with Grace 15 years ago during Freedom Schooling discussions that were held by the James and Grace Lee Boggs Center, the Detroit-based organization for community leadership and change that Grace founded with her husband, James, in the early 1990s. Grace and her husband were passionate about schools and the role of imagination in change. The discussions drew inspiration from the Freedom Schools in the South during the 1960s and were based on the belief that schools not only needed to teach academics but help young people to develop a sense of themselves as agents of change and decision-makers. The discussions focused on liberating our imaginations to picture schools as they could and should be.

Place-based Education

When asked for advice by an Eastern Michigan University (EMU) student at a talk at EMU some years back, Grace smiled and said without hesitation, "Grow your souls and stay in the same place for a long, long time." For much of her life, Grace wrote about revolution as an evolutionary process, stressing that the reason past revolutions had failed is because people had not evolved into full human beings, and therefore, once in power, they just reproduced the old system. She saw the role of schools as helping young people become "solutionaries" — people who are skilled at creating beloved communities, who, through being attached enough to their place and thirsty for self-growth, are able to simultaneously transform and heal themselves and their communities.

How we support educators, both classroom-based and community-based, in their work to help youth become solutionaries is one of the critical questions of our time. Our work in the SEMIS Coalition and in the College of Education at EMU has required us to think carefully about growing visionary educational communities in the times that we live in. In the education world, the approach we are using is called place-based education (PBE). In our experience, PBE — using the local community, including the environment, as the primary site for eliciting curiosity, posing questions, and envisioning possibilities and then acting to bring them into the world — is the most promising approach to education given our historical moment. While the PBE approach can be considered good old "progressive education," aiming to meets the needs of the whole child, what makes it different is its central focus on healing relationships with each other and fellow community members in the natural world (the plants, animals, water), and in our particular place over long periods of time. It's important to note that this focus on place-attachment and stewardship is not new, however; many indigenous cultures have educated their youth in this way for millennia.

> In the last several years I have been in dozens of schools and spoken with teachers and community-based educators from all over the country. The story is the same everywhere. Recess, the arts, and unstructured opportunities for learning are being removed from the school schedule at a time when it is most necessary for children to be inspired by these experiences.

The Southeast Michigan Stewardship Coalition

The SEMIS Coalition works with teachers from over 17 schools and over 25 community partner organizations in the region to help young people become citizen-stewards of their local communities and the Great Lakes. We are part of a larger state-wide organization called the Great Lakes Stewardship Initiative. We use a strength-based coalition model — in which our members contribute their gifts to the commons and express their need for support to fellow community members. We provide intensive supports to adults to learn how to use a place-based teaching approach. These supports include professional development, curriculum coaching, small grants for projects, and a welcoming, nurturing community in which educators can regain some strength, pause, reflect, and be with other visionary educators as they seek their own transformation and the transformation of their schools.

A couple of weeks ago, I ran into a parent of a SEMIS Coalition youth leader. The youth leader was deeply impacted by her SEMIS teachers and membership in the Coalition during fourth and fifth grade, and had done a presentation on her stewardship work in front of 150 adults at the Rotary Club of Ann Arbor. Having given similar presentations to other adults and youth many times prior (through her work at SEMIS Coalition), the student was confident, ethically grounded in her beliefs and love of her place, and articulate about solutions for healing that place. Through her experiences at school, she was able to develop a relationship with the natural world. Unfortunately, now in middle school, her opportunities for connecting to the outdoors have drastically decreased. Her mother lamented that her daughter's educational experience has been deeply affected by not having recess and access to nature through school.

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Grace Lee Boggs was fond of asking "what time is it on the clock of the world?" What reality, at this moment in history, wants to and needs our help to emerge?

On the one hand, we live in a consumer culture that fractures us from what matters most. Many of our children are sped up, wound up, and cooped up in buildings. Testing pressures and a narrow focus on "academic achievement" tell a story of what it means to be human that is based on individualism and competition, not caring and community. Separated from neighbors, nature, and from older generations, children and the adults in their place are generally not being provided the opportunities to, as Grace Lee Boggs would say, "grow their souls."

At the same time, another story is being told. We live at a time when, if we really pause and listen and sense with others, we can feel a new reality that wants to emerge, and that with a little stewardship from us, will emerge. It is the time of the "great turning" as Joanna Macy would say, an opportunity to transition to a healthier more sustainable world. In the region, there are many educators engaging in hopeful, healing work — who are helping the youth they work with become solutionaries. Ask any SEMIS Coalition teacher, for example, about their work, and they will tell you a story that will fill your heart.

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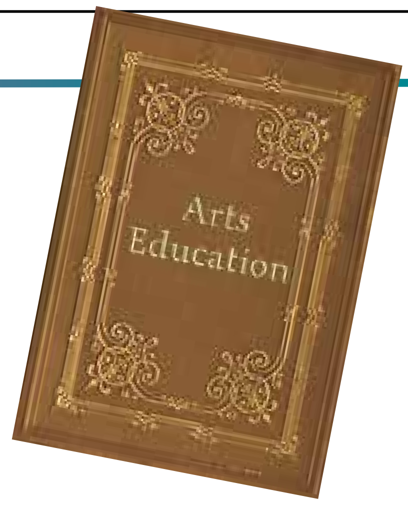
Creating New Community Rituals

Creating new ways of "doing community" and celebrating together is important as we change the way we "do school." Our year ends with an annual Community Forum held at EMU. At this forum, young people and adults engage in inter-generational dialogue around the social-ecological issues youth and their community partners are working on together. Last year 150 people attended 13 youth-led presentations and workshops at the Forum. When adults see third graders acting and thinking as solutionaries, and high school students from different backgrounds and parts of the region talking to fourth graders about their own leadership development, work and college aspirations — they leave with a different story of what education is and can be —they leave with hope. They also leave with more critical thinking and communication skills than can be measured on any test.

How can you help? Connect with us on Facebook and Twitter (@semiscoalition), join conversations that are happening on our blog (http://semiscoalition.org/blog/), or donate to help students become solutionaries through the SEMIS Coalition. Most of all, have conversations with your neighbors and schools in which you vision what schools can be. Such conversations, sustained over a long time, can change the world.

Dr. Ethan Lowenstein, Director of the SEMIS Coalition, is a professor of teacher education at Eastern Michigan University and the 2015 John W. Porter Distinguished Chair in Urban Education. Before his career in higher education, Dr. Lowenstein taught high school social studies in New York and was the 1996 New York City Board of Education Teacher of the Year for alternative schools. For more information about the SEMIS Coalition or EMU's teacher preparation program, you can contact Dr. Lowenstein through the SEMIS Coalition website at http://semiscoalition.org/our-people/.

A Test of Character —
The Immeasurable Impact of the Arts



By Truly Render

I read a headline in *The Onion* recently that hit close to home: "Struggling High School Cuts Football — Nah, Just Kidding, Art It Is." As a 2004 college grad, I've spent the bulk of my professional life to date weathering the financial storm in the nonprofit arts world. And while the headlines focus almost exclusively on dried-up dollar amounts from government, corporate, and individual giving sources, there is a larger issue at play causing serious repercussions to our cultural landscape — cuts to arts education.

When Bush introduced No Child Left Behind in 2002, standardized test preparation became paramount, sucking resources dry for everything else. So the eighth grader in 2002 is now the 26-year-old who looks at an orchestra concert, art exhibition, play, or a dance performance and scoffs, "This isn't relevant to my life, this has nothing to do with me." And they're right. At best, cultural outings for many millennials are a reason to dress up and do "something fancy." Our country has failed to raise these individuals with a shared language to think and talk about their own culture. Worse still, this approach to education reinforces discomfort with the grey areas of open interpretation, emotion, and unfamiliarity instead of building a student's capacity for these 21st-century skills.

Perhaps the weirdest side effect of No Child Left Behind has been arts advocates turning to neuroscience to justify their existence. We can't cut the music program — not because music is a timeless and essential thread in the fabric of human existence — but because learning to play an instrument improves executive functioning, focus, and the ability to multi-task.

Perhaps the weirdest side effect of No Child Left Behind has been arts advocates turning to neuroscience to justify their existence. We can't cut the music program — not because music is a timeless and essential thread in the fabric of human existence — but because learning to play an instrument improves executive functioning, focus, and the ability to multi-task. We can't cut the art program — not because "visual" is our species' first language — but because art benefits literacy skills. Creative endeavors are now categorized, justified, and defined as a means to a more important end: testing.

I'll risk being a "bad" advocate here: the arts never helped me take a test. I was heavily involved in the arts as a high school student — choir, solo & ensemble, theater, media arts, and creative writing club. And while these activities were the reasons that I came to school most days, I consistently tanked at standardized tests. A verbal processor, I craved informed conversation around subjects of inquiry. True or false reasoning in a silent room stifled my synapses and created a sort of blinding anxiety. It still does.

I took our theater teacher Mr. Tice's words to heart:
a production is only as good as the smallest part.

While the arts failed me in the realm of standardized testing, my high school arts education provided me with incredible learning moments; specifically, drama club and choir built my character in ways that have had a direct impact on my career trajectory and successes.

A snapshot of my drama nerd creds: president of Drama Club my senior year; cast in every play and musical throughout my high school career; wrote and directed one-act productions; produced/directed a 9-hour production/fundraiser called Theater-A-Thon. There may even have been some miming involved. I was in deep.

As much as I loved theater, most of the time I wasn't the star of the show. During our production of *Camelot*, I auditioned for the role of Morgan le Faye but wound up as a dancing tree in her enchanted forest. As much of a disappointment as a non-speaking role was to my 16-year-old self, I took our theater teacher Mr. Tice's words to heart: *a production is only as good as the smallest part*. I decided I was going to be the best-goddamned tree anyone had ever seen. I quickly learned to take solace from my embarrassing foliage-littered leotard in the company of my fellow trees. After college, when it was time to "pay my dues" in career-land, I was stuck with any number of boring, semi-demoralizing duties: schlepping boxes, collecting and collating endless departmental receipts, and sifting through vast landscapes of Excel spreadsheets. But after silently cursing these dull duties, I'd hear Mr. Tice's voice in my head — *a production is only as good as the smallest part* — and I'd kick my work into high gear, taking solace in the camaraderie of my colleagues. My rigorous, thorough approach to the smallest of tasks, combined with my collegiality, earned me my very first promotions in the workplace. In teaching me to embrace the smallest roles, Mr. Tice showed me how to grow beyond them.

From grades 6 to 12, I participated in Vocal Solo & Ensemble Festival, the annual convening of teenage masochists. While most humans navigate around life's gaping canyons of public humiliation, my love of music convinced me I could sprout wings and fly over them. Most of the time I was wrong, but it took me six years to figure that out.

While most humans navigate around life's gaping canyons of public humiliation, my love of music convinced me I could sprout wings and fly over them. Most of the time I was wrong...

The first time I participated in Festival as a soloist, I was a gangly, flat-chested eighth grader. I had to rummage around in my mouth to pull spitty cross-lateral bands off my braces to get full jaw extension. But my choir teacher, Mrs. Linder, looked beyond the orthodontics, the wire-rim glasses, the acne, and the scrawn and saw a young alto with an expressive voice, a love for vocal dynamics, and a warm tonality. She suggested "American Lullaby," a 1932 piece by Gladys Rich. The song is about a nanny caring for a baby whose parents are preoccupied in the adult world. While I hated babysitting and was skeptical of anyone who crapped their pants on a routine basis, there was a haunting loneliness underscoring the proffered comfort of that song that struck a chord with me. The feeling of the song was universal. I sang it all the time, I experimented with it, I made it my own. I got a blue ribbon at Festival.

The following year in high school, my choir teacher, Ms. Warren, saw my skinny pip of a self and assigned me "Cherry Ripe," a terrible screech of a song from 1879 by John Everett Millais, someone who clearly believed that young women and warbling birds were one and the same. As a freshman, I was a stranger to Ms. Warren; she didn't know me well enough to hear my strengths, to know my weaknesses. I gave

the song all I had, but I only succeeded in hitting the notes when I was making fun of the song, which was often. Solo & Ensemble was awful that year. At the very start of the song, my voice cracked and it was over. My nerves drove my pitch sharper and sharper and drove the tempo faster and faster. I was a horrible mess of nervous vibrato and shame. I got the lowest possible score. After the performance, I went to the girl's bathroom with my best gay choir friend, Keith, to cry red-hot tears on his shoulder. After a few minutes of sobbing, I farted. We laughed so hard we thought we'd die. And then Keith said, "F*&% that song." And all at once I realized how personal singing is. There is no such thing as being a bad singer or having a bad voice; it's a matter of finding your song.

> There is no such thing as being a bad singer or having a bad voice; it's a matter of finding your song.

When I think back to my time as a teenage singer, I'm also struck by how committed my teachers were. After a long day of school, my choir teachers stayed late to give private lessons to Solo & Ensemble participants — forsaking their families, their free time, and their own creative endeavors. This level of intense dedication sailed directly over my self-absorbed teenage head, but it became something I would marvel over in adulthood. These teachers were incredible and showed me the level of one-on-one, personal, mentored support that young people need to grow. I'm not a teacher, but I work with a lot of undergraduate interns. For interns who go the extra mile, I make it my business to go there with them, offering everything I've got to help them build their careers, figure out their footing, discover their voice, and find their song.

> Arts educators help students grow into leaders, advocates, and engaged community members who want to make a difference. And that's more than any test can say.

My teenage arts participation taught me how to be a collaborator, how to respond to constructive criticism, how to be a leader, how to be creative in a deadline-driven environment, how to embrace experimentation, how to cope with failure, and how to market an artistic product. In many ways, my arts education taught me who I was, how I could fit into the world at large, and how important risk, and sometimes even failure, is to that process. Great arts educators might not do a damned thing for our test scores, but they do something better. Great arts educators provide opportunities for curious students to immerse themselves in the traditions that make us human, giving us a shared language to understand, appreciate, and participate in our own cultural landscape. Through these opportunities, students gain an understanding of the challenges the world holds for them and how they can help. Arts educators help students grow into leaders, advocates, and engaged community members who want to make a difference. And that's more than any test can say.

Truly Render is the Director of Communications & Marketing for the Stamps School of Art & Design at the University of Michigan. She is also the founder of Truly Render Creative, a boutique marketing and copywriting service. When not at work or Girl Scouting with her daughter, Truly enjoys reading, writing, and experiencing the incredible cultural offerings of southeastern Michigan with friends and family. Connect with her at trulyrendercreative.com or trender@umich.edu.

* * *

Local Theater and Vocal Resources for Kids

Wild Swan Theater offers after-school classes, camps, workshops, and teacher resources such as "Dramatically Able," a resource guide for making drama accessible to participants with disabilities. (wildswantheater.org)

Young People's Theater nurtures the intellectual, artistic, and personal development of young people through theater and offers classes and camps in addition to two or three annual productions. (youngpeoplestheater.com)

Motor City Youth Theater is an education-based theater production company open to actors of varied experience levels and welcoming to children with special needs. (mcyt.org)

Mosaic Youth Theater is a multicultural arts organization dedicating to developing young theater artists through classes, workshops, and theater productions. (mosaicdetroit.org)

Michigan School Vocal Music Association hosts the Vocal Music Solo & Ensemble Festival; their mission is to educate and inspire all people to understand and value the art of vocal music and its impact on the human spirit. (http://www.msvma.org)

Ann Arbor Music Center offers private vocal music lessons in addition to private instrument lessons. (http://a2musiccenter.com/)

YAG
The Ann Arbor Young Actors Guild
2016 Productions:

"The Hobbit" (after Tolkien)
Live on stage at Concordia University, Ann Arbor, MI
A theatrical adaptation of the J.R.R. Tolkien classic adventure tale, the prequel to The Lord of the Rings.
Appropriate for actors in grades 2 and up.

Auditions
No preparation necessary. Our actors audition as a group, never individually. All who audition are cast and all who cast will appear on stage in every performance.
January 4 & January 6, 2016; 5:30–7:30 pm
Clonlara School, 1289 Jewett Ave, Ann Arbor, MI 48104

Performances
Friday, March 18, 2016 at 7:30 pm
Saturday, March 19, 2016 at 2:30 pm and 7:30 pm
Sunday, March 20, 2016 at 2:30 pm
Concordia University, Black Box Theater
4090 Geddes Rd, Ann Arbor, MI 48105

"As You Like It" (Shakespeare)
Live on stage at the Lydia Mendelssohn Theatre, U-M
Rosalind escapes her overbearing uncle and finds love in the Forest of Arden.

Auditions
Monday, February 22, 2016
Wednesday, February 24, 2016
5:00 pm until 6:30 pm
University of Michigan Student Theater Arts Complex (STAC), 1202 Kipke Drive, Ann Arbor, MI 48109

Performances
Lydia Mendelssohn Theatre, University of Michigan
May 13, 14, and 15, 2016

Summer Theatre Academy
Includes performances on a local stage
July 11, 2016 through July 23, 2016
Weekdays 9:00 am to 3:45 pm
University of Michigan Student Theatre Arts Complex (STAC)
1202 Kipke Drive, Ann Arbor MI 48109

info@aayag.org
www.aayag.org • (734) 926-5629

DANCER'S EDGE PERFORMING ARTS PRE-SCHOOL PROGRAM

Movement through story telling develops children's spatial awareness and connection between themselves, each other and the movement that they are creating. This class will incorporate stories to music, scarves, hoops, percussion instruments and many other props to make the stories come alive. Your child will have a blast singing, dancing and performing something new each week. Children will naturally learn to sing and play music while learning!

Curriculum Highlights
Ballet • Tap • Musical Theater • Voice • Improvisation • Social Skills • Story time • Pre-Primary Literacy
Use of Auditory, Visual and Kinesthetic learning styles

Ages 2-5
Tuesdays and Thursdays
10:00 A.M. – 12:00 P.M.
Semester #1
Jan 19 – Mar 22
Semester #2
Mar 29 – June 9

For more information visit
www.DextersDancersEdge.com

DANCER'S EDGE
3115 Broad St.
Dexter, MI 48130
734-424-2626
DextersDancersEdge@yahoo.com

CRAZY WISDOM KIDS

An ongoing section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

Bikram Yoga Youth Program (BYYP)

By Lisa Gribowski Smith

Until recently, my daughter was an adorable, well-behaved bum warmer at Bikram Yoga Ann Arbor, where I attend classes weekly. Wi-fied to the max on her iPad, Elizabeth sat cool as a cucumber on a chic, modern bench while I dripped and strained in some pretzel-like position behind thick glass doors. Between Minecraft tutorials and Snapchat with her pals, Elizabeth observed 26 postures and 2 breathing exercises done by men and women from every background and every age.

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Adults who practice Bikram yoga stretch to a standard dialogue recited with trained precision by a certified instructor. The dialogue was designed by Bikram Choudhury to efficiently communicate how to safely do postures the right way, with maximum benefit and within a specific time frame. For those who practice regularly, the dialogue is a comforting tool that effectively guides students to stretch out of their minds and into 90 sweaty minutes of moving meditation. The dialogue can be heard in every Bikram studio around the world without exception. In this way, class is predictable, which has real appeal in a rapid-speed world with ever-changing inputs and daily demands.

Elizabeth watched with amazement as adults dripped, splattered, and slipped through the poses for a carefully timed hour and a half. Sweating is the popular marker of the practice for adults and there's no way around this. Every class is 105 degrees plus 40 percent humidity. These numbers are carefully selected by Bikram to support optimal stretching, compression, oxygenated blood flow, and detoxification with every posture. "We want it to be hot and humid for adults because this is how Bikram learned the series from his guru, Bishnu Charan Ghosh, in India. The constant sweating is cleansing. The heat makes maximum stretching possible. It all works together," explained instructor Jen Cohen.

In the Youth Yoga Program, the heat is turned off. This is an important distinction from adult classes. In fact, it's essential and on purpose. "The kids don't need it, nor can they handle it," said studio co-owner and instructor Michelle Pischea. "They are already flexible, limber, and, for the most part, fearless. Sweat glands are also not developed until age 14. Heat in duration is not safe for kids."

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The room temperature is comfortably warm for kids. Ideal for safe stretching. The studio doors and windows are opened to lose any residual heat. "Kids come to class naturally flexible," said Youth Yoga Instructor Jozlyn Abrams. "Yoga teaches them how to control their flexibility within physical limits of safety and self-awareness. We work on self-control. I ask them questions as they are in postures to help them identify, feel, and explore personal limits. Knowing limits is necessary to knowing oneself, taking care and being safe."

Learning body awareness as children is essential to understanding and grasping limits in life. When a body part can only move a certain way, this is valuable information. When moving the same body part meets a feeling of resistance, discomfort, or pain, this simple mind-body connection translates into healthy self-reliance, street smarts, and playground confidence. Kids begin to figure out where they begin and end within themselves. What's more, they learn how body awareness changes from day to day, even moment to moment, according to a checklist of variables, including nutrition, hydration, sleep, flexibility, and emotions. Personal awareness stretches kids to personal responsibility for themselves with attention and intentionality that moves them to greater overall health.

"Yoga teaches [kids] how to control their flexibility within physical limits of safety and self-awareness. We work on self-control. I ask them questions as they are in postures to help them identify, feel, and explore personal limits.
— Jozlyn Abrams, Youth Yoga Instructor

Learning personal limits also helps kids figure out limits among their peers, family members, and in the communities they interact with. Learning how far to go comfortably, when to stop, and how to get safely in and out of a posture shows a child what their own personal beginning and end look and feel like. Learning to listen carefully to instruction and use breath as a guide to stretch comfortably within personal mind-body boundaries reinforces this learning. It's visceral and that sticks.

The underpinnings of BYYP are champion — literally. Inspired by Yoga Asana World Champion Joseph Encinia, the program reflects reverence for the life-saving power of Bikram yoga. At age eight, Joseph was diagnosed with the autoimmune disease rheumatoid arthritis, an inflammatory arthritis that affects the blood and internal organs as well as the joints. It's considered one of the most painful diseases of its kind. He medicated the pain and learned to live with severely restricted mobility. At age 13, Joseph had a heart attack, likely a side effect from all the medications he was taking.

To regain his health, Joseph turned to exercise. He eventually landed in a Bikram yoga class, where he quickly knew he had found his medicine. What started as fitness turned to total healing, including a 50-pound weight loss, the development of lean body mass, and a life full of athletic accomplishment — something he had been told would never be possible. Joseph was able to come off all medications and live virtually pain free. He contorted his rigorous beginner's practice into advanced training and annual competitions, earning himself three U.S. national titles and one men's international title. In 2009, Joseph won second place in the world's Asana Championship.

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In gratitude for the life he is living through yoga, Joseph co-founded Yoga Youth Movement, a nonprofit dedicated to teaching teens how to discover who they are within themselves. Using yoga and movement sequences, teens learn to stabilize their minds and emotions. In a world mostly bent on prescribing medication to manage moods and using media images to define self-worth, yoga skill gives teens a deep sense of accomplishment. They learn that they are strong and good both inside and out. Joseph describes this awakening to oneself as self-realization.

With Joseph’s guidance, Michelle started the BYYP to give kids a safe place to love themselves. When describing the intention, Michelle is passionate:

> In the studio, kids get to discover who they are for themselves. They get to look into their eyes and see reality; how special, good, and unique they are. Without any distractions. Zero outside stimulation! Zero electronics! They face themselves and get to love who they are. That’s powerful! They can’t avoid themselves by focusing on hair, name brands, or clothes. For one whole hour, they get a chance to stop and think. For one hour, there’s no texting!”

> “They get to look into their eyes and see reality; how special, good and unique they are. Without any distractions. Zero outside stimulation! Zero electronics! They face themselves and get to love who they are. That’s powerful!”
> — Michelle Pischea, studio co-owner and instructor

Regular practice has been transformative for Michelle’s two teenage children. “My kids can manage stress and anxiety with simple deep-breathing exercises called pranayama breathing, learned in class. They can calm themselves down, get centered and re-focused all by themselves. Knowing they can take care of themselves wherever they are, when they need it, helps them and me feel secure that they can handle whatever comes up! This is a big relief!”

Class for kids is an hour of pure fun. Bikram instructors who teach Youth Yoga were trained by Joseph to engage with kids playfully in an open-style format. Instruction is given informally, alongside students. The poses are taught through playful demonstration, skillfully adapted to the mix of ages and abilities in class. Unlike adults who practice with a standard dialogue recited from a podium, kids get to practice with very personalized instruction. Questions including “how far can you go?” “where does your body want to stop?” and “how does it feel?” guide kids to deeper body awareness for themselves.

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Kids do ten poses from the Bikram series, in addition to deep breathing exercises. Poses emphasize stretching, stillness, focus, and concentration. There is a guided meditation at the end of class that teaches kids to tune into their breath, go within, notice, look, and watch. They get to practice mindfulness, concentrated stillness, and focused attention within themselves and on their surroundings, essential skills for developing objectivity in life.

> Kids can’t wait to do a yoga class again. Yoga is cool! It’s a natural extension of what life already is … fun learning, in real time!

Since kids come to class naturally flexible, yoga is really doable. Yoga achievement builds confidence to handle tough stuff outside the studio, whatever that looks like for a kid. Struggles with math, bedtime fears, body image, or learning how to tie shoes become part of practice in life. “When you practice getting in a posture you keep falling out of, you get better at trying again,” teaches Cohen. “By trying again and again, you get more comfortable with trying. This builds practice, and practice makes trying stuff more comfortable and normal. Trying becomes everyday. New stuff isn’t so scary or hard anymore.”

When kids exit the studio, they are super confident. “Look what I can do!” is the happy echo that reassures parents yoga is working, building confidence, health, and self-esteem. Kids bend over backwards, lift a leg, and stretch sideways, proud to show off what their bodies can do with focused effort. Kids can’t wait to do a yoga class again. Yoga is cool! It’s a natural extension of what life already is … fun learning, in real time! Joseph Encina’s message to kids to “do yoga, start early!” is a prescription for happy that kids love to take.

To learn more about the Bikram Yoga Youth Program visit www.bikramyogaannarbor.net.
To learn more about Joseph Encinia visit: www.yogayouthmovement.com.
Bikram Yoga Ann Arbor is located at 3227 Washtenaw Avenue, Ann Arbor, MI 48104.

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If you’d like to be considered for inclusion in the next Crazy Wisdom Kids column, please email our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the May through August 2016 issue is March 1, 2016.

The Crazy Wisdom Community Journal

Events Calendar for Kids • January through April 2016

New, Fun, and Just Plain Cool Things to do!

Crazy Wisdom Kids

Fairy Tea at Crazy Wisdom Tearoom • Feb. 18, 1 p.m. and 4 p.m. seatings; Special Mother's Day Fairy Tea, May 8, 1 p.m. • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are $11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Winterfest! with Gemini and the Michigan Friends Center • Feb. 21, 1-5 p.m. • Winterfest is an annual benefit concert with the award-winning family music duo Gemini that celebrates community and provides winter play for children of all ages. All are welcome for this show of upbeat music with winter delights outside if the snowman cooperates and inside if not. Hot cider and snacks for all before the music starts. Family activities begin at 1 p.m., and the concert is at 3 p.m. $10, $25/family. Call 475-1892; manager@mfcenter.org or mfcenter.org.

Nurturing Baby and You: Support Group for Pre-Walkers with Gari Stein • Tuesdays, 11:30 a.m.-12:30 p.m. • Informal and gentle-paced atmosphere that provides activities for everyday routines that nourish developmental domains. Enjoy nursery rhymes, tummy time, waltz, sheet rides, instruments, lullabies, and more. The group also provides parenting support, resources, and exchange of concerns and ideas. Free to members; nominal fee for non-members. Call 741-1510; Garistein@aol.com or little-folks-music.com.

Sing with Me with Gari Stein • Wednesdays, 10:15-11:15 a.m. • Musical enrichment and instrument exploration for children birth to age five and the grown-ups who love them. The group will sing, chant, bounce, folk dance, play instruments, share hugs, laughter, and more. A research-based program nurtures the bond, enhances development, learning, listening, and literacy along with parenting resources, process art exploration, snack, and chat. $224/14 weeks (includes four CDs; discount for siblings). Call 741-1510; Garistein@aol.com or little-folks-music.com.

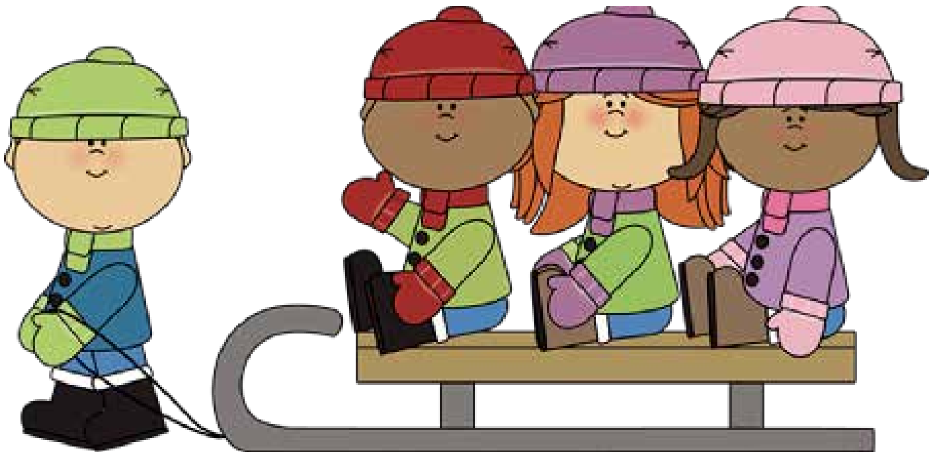
KinderConcerts: Music and Motion with Ann Arbor Symphony Orchestra, Gari Stein, and Kathryn Goodson • Jan. 8, 10 and 11 a.m., AADL downtown branch; Jan. 9, 10 a.m., Dexter Library; Jan. 11; 10 and 11 a.m., Whittaker Library • Classical concert featuring the trombone for 2-6-year-olds to listen, watch, dance with snowflakes and scarves, enjoy a story, and participate in a 30-minute interactive program, up-close and personal in a library setting. Free. Call 741-1510; Garistein@aol.com.

Just Babies for Pre-Walkers with Gari Stein • Jan. 17, 10-10:40 a.m. • Informal and gentle-paced atmosphere that provides activities for everyday routines that nourish developmental domains. Enjoy nursery rhymes, tummy time, waltz, sheet rides, instruments, lullabies, and more. No older siblings, please. Call 741-1510; Garistein@aol.com.

San, Emily, and Jacob: Mangiamo Italian Grill Acoustic Routes Concert • Jan. 22, 8 p.m. • This local acoustic trio -- father and daughter singer-instrumentalists San and Emily Slomovits with bassist Jacob Warren -- performs a wide range of traditional and contemporary folk, jazz, and classical music, including material from their CD *Innocent While You Dream*. $15. Reserve seats and/or dinner at 429-0060; mangiamoitaliangrill.com/events/.

FoolMoon with WonderFool Productions • Apr. 1, Dusk-Midnight • This moonlight event features an enormous procession of community-made illuminated sculptures carried by dancing teams of merrymakers as they thread their way downtown through Ann Arbor. Participants will enjoy treats, shadow puppet performances, experimental films, and other luminous surprises. Free. Contact WonderFoolProductions@gmail.com.

Festifools with WonderFool Productions • Apr. 3, 4-5 p.m. • Celebrating ten years of kicking off Ann Arbor's outdoor festival seasons, FestiFools is a gigantic public art spectacle created by members of the community and U-M students that features huge, bizarre, human-powered papier-mache puppets frolicking in downtown Ann Arbor. Free. Contact WonderFoolProductions@gmail.com.



Nature Tales with Leslie Science and Nature Center • A unique story time in which 1-5 year-olds and their adults enjoy a children's book and related hands-on outdoor nature exploration and animal visits. $4/child ($3/child for members); adults and children under one are free. Check website for updates on monthly books and times. Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Jan. 6, 10-11 a.m.; Jan. 9, 11 a.m.-12 p.m. • "Hey Little Ant" by Phillip M. Hooose includes exploration of all those crawly critters that are so often misunderstood
Feb. 10, 10-11 a.m.; Feb. 13, 11 a.m.-12 p.m. • "Owl Moon" by Jane Yolen and John Schoenherr will include owl calls and searching for where owls may be sleeping in the woods.
Mar. 9, 10-11 a.m.; Mar. 12, 11 a.m.-12 p.m. • "The Lorax" by Dr. Seuss will help participants celebrate with Seuss-inspired activities.
Apr. 13, 10-11 a.m.; Apr. 16, 11 a.m.-12 p.m. • "The Curious Garden" by Peter Brown inspires a visit to the garden to investigate sprouting plants.

Tykes Preschool Program with Leslie Science and Nature Center • This program is designed for 4-5 year-olds with or without their adults to enjoy educational time learning about a variety of science and nature topics. Cost depends on number of sessions in a month. Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Jan. 5, 7, 12, 14, 19, 21, 26, 28; 9-11 a.m. • Eric Carle's Critters • Children will read classic Eric Carle books, which will inspire crafts, activities, meeting animals, and hikes all month long. $100/child/month ($95/child/month for members).
Feb. 2, 4, 9, 11, 23, 25; 9-11 a.m. • Kitchen Science • Children will do a variety of experiments using things found in kitchens. Some experiments might even result in yummy creations. $70/child/month ($65/child/month members).
Mar. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; 9-11 a.m. • Dr. Seuss Adventures • In celebration of Dr. Seuss's birth month, children will read his books and let his wacky creatures inspire crafts and activities all month. $100/child/month ($95/child/month for members).
Apr. 12, 19, 26; 9-11 a.m. • Nature's Music • Nature is full of music, and children will explore nature's greatest musicians and make music of their own. $50/child/month ($45/child/month for members).

Owls: Inside Out with Leslie Science and Nature Center • Mar. 12, 12:30-2 p.m. • Meet the owls of the LSNC, great nocturnal predators. Following a visit from nocturnal educators, participants will dissect real owl pellets to find out what owls are eating and why. $6 ($5 members; participants' accompanying adults are free). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Spring Eggstravaganza with Leslie Science and Nature Center • Apr. 23, 10 a.m.-12 p.m. • Bring a basket and set off on a scavenger egg hunt (one for younger kids and one for older kids) through LSNC's trails to find eggs to turn in for a prize. Children will also learn about animals and eggs throughout the hunt. Special golden eggs, stories, campfire, and live animals also included. $8/child (12 years and younger; accompanying adults free). Required preregistration for limited spaces at 997-1553; info@lesliesnc.org or lesliesnc.org.

Days Off Outdoors with Leslie Science and Nature Center • Jan. 18, Feb. 1, Mar. 25, 8:30 a.m.-5:30 p.m. • Children can spend the day at LSNC with indoor and outdoor activities, visits from animals, crafts, and stories. $70. Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Jan. 18 • Grossology • Children can learn how wildlife use adaptations we might find gross, bizarre, and disgusting in order to survive.
Feb. 1 • Stories in the Snow • In the winter, animals who venture out and about create stories in the snow and mud that we can learn to read.
Mar. 25 • The Nature of Art and Music • Children will investigate how birds and insects make music as they look for art in nature and create their own works of art and music on the trails.

Mid-Winter Break Camp: Trails, Tails, and Tales with Leslie Science and Nature Center • Feb. 15-19, 8:30 a.m.-3:30 p.m. • Children will dive into some fantastic books about nature and explore the natural world, complete with animals, fun, friends, and stories. Post-camp time from 3:30-5:30 p.m. is available by separate registration. $260. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

A snowflake is a winter's butterfly.

Spring Break Camp: Caught in the Food Web with Leslie Science and Nature Center • Mar. 4-8, 8:30 a.m.-3:30 p.m. • Children can explore outdoors as they discover how many plants and animals are connected in our local food web. Participants will take a look at plants, insects, mammals, birds, reptiles, and amphibians and learn about the roles they play as producers, consumers, recyclers, and scavengers. Post-camp time from 3:30-5:30 p.m. is available by separate registration. $260. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Hands-On Demo: Lights, Camera, Action Potential with U-M Museum of Natural History • Saturdays, 11 a.m., 3 p.m.; Sundays, 3 p.m. • Using a smart phone, participants will hear and observe their own brain-muscle signals that cause muscle contraction. The demonstration will end with an exciting experiment to use the muscle signals of one individual to stimulate and contract the muscles of another. Participants can make a model neuron to take home. For ages five and up. $6 suggested donation. Call 764-0478; lsa.umich.edu/ummnh.

Baby Playgroups with Ann Arbor District Library • Mondays-Fridays • Various branches of the library will provide the space and a variety of toys for a playtime that includes 15 minutes of stories, rhymes, and songs, followed by open playtime. Parents and guardians must remain with their children. For babies up to 24 months. See website for times and locations. Free. Call 327-4200; aadl.org.

Dungeons and Dragons with Chelsea District Library • Tuesdays and Thursdays, 3:30-7:30 p.m. • Both teenagers and adults are invited to play the role-playing table-top classic that launched a gaming revolution. Free. Call 475-8732; tln.lib.mi.us.

Children's Storytime with Barnes and Noble • Saturdays, 11 a.m. • Structured story readings and the occasional craft activity. For ages 3 and up. Free. Call 973-1618; stores.barnesandnoble.com.

Drop-in Valentine's Day Craft with Dexter District Library • Feb. 6, 4-5 p.m. • All are invited to make a valentine for someone special. Free. Call 426-4477; dexter.lib.mi.us.

Seussical Jr: The Encore Musical Theater Company • Feb. 26-Mar. 6; Matinee and Evening Performances • Young local actors perform Lynn Ahrens and Stephen Flaherty's musical compendium of Dr. Seuss stories. Call 268-6200 for costs and times; theencoretheatre.org.

Exploring New Horizons with U-M Museum of Natural History • Daily, 2:30 p.m. • This audiovisual planetarium show talks about the mission of the New Horizons spacecraft to a dwarf planet and also explores the history and importance of the scientific method. $5. Call 764-0478; lsa.umich.edu/mbg.

Storytime with Nicola's Books • Tuesdays, 10 a.m.; Saturdays, 11 a.m. • Stories and activities for children ages 7 and under. Free. Call 662-0600; nicolasbooks.com.

Dinosaur Tours with U-M Museum of Natural History • Saturdays and Sundays, 2 p.m. • Dinosaur fans will have fun during a 30-minute tour with animatronic reptiles. Call 764-0478; lsa.umich.edu/ummna.

Parent-to-Parent Support at Center for the Childbearing Year • Wednesdays, 10 a.m.-12 p.m. • Informal, free drop-in group meets weekly for discussion and play time for moms, dads, partners, babies, and toddlers. Free. Call 663-1523; center4cby.com.

Breastfeeding Café at Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Informal, free drop-in group meets weekly for support and discussion among breastfeeding moms and babies. Call 975-6534; bfcaa.com.

Dancing Babies to 5s with Gari Stein and the Ann Arbor District Library • Mar. 5, Apr. 9, 10-10:40 a.m. • Sing and dance along based in traditional folk music for tots to age five and the grown-ups who love them. Nurture development and enjoy simple activities to do together at home. Participants will share hugs, laughter, and more. Free. Call 741-1510; Garistein@aol.com.

Open House for Prospective Families with Clonlara School Staff • Jan. 21, 9:30-11 a.m. • Participants will learn about full circle learning and why Clonlara is different as they visit the facility while students are in the midst of their full circle learning experience. Activities include school tours, meetings with teachers and advisors, viewing of student work, and discussion of Clonlara options from full-time enrollment to blended scheduling to online enrollment, art opportunities, and special education services. Free. Call Martha at 926-4617; martha@clonlara.org or clonlara.org.

Summer Program and "The Arts" Information Night and Open House with Clonlara School Staff and Students • Mar. 3, 6 p.m. • Learn about and suggest options for summer programs and camps for students. 2015 offerings included CircqueAmongus, IT Day Camp, Kidpreneur, Cedar Ridge Equestrian Center, Boys State, Camp Gan Israel, Brickz4Kidz, and more. Student art work will also be on display as Community Music School of Ann Arbor students perform. Open House specials will be available for participants to save up to $1000. Free. Call Martha at 926-4617; martha@clonlara.org or clonlara.org.

Winter Nature Programs at the Waterloo Farm Museum • All programs require entrance to Eddy Discovery Center in Chelsea. $2 ($5 families). For more information and for required preregistration, call 475-3170; waterloofarmmuseum.org.
Jan. 17, 2-3 p.m. • Understanding Owls • WNHA naturalists show off some live owls and discuss their habits, habitats, and survival skills.
Jan. 24, 2-4 p.m. • Winter Orienteering • Learn to find your way through woods in winter with a compass - bring your own, or one will be provided.
Feb. 7, 2-3:30 p.m. • Build Your Own Telescope • Local astronomy buff Meg Gower helps participants make their own telescope ($8 materials fee).
Feb. 21, 2-3 p.m. • Secrets of Survival • WNHA naturalist Paul McCormack brings a variety of live animals for an entertaining, hands-on introduction to the adaptations they use to help them find food, water, and shelter.
Mar. 13, 2-3 p.m. • Wildlife Safari • Nelson's Wildlife Safari owner Nelson Pearson presents a hands-on introduction to some unusual animals from around the world.
Maple Sugaring: A Journey to the Sugar Bush with Hudson Mills Metropark Interpretive Nature Programs • Saturdays and Sundays, Mar. 5-26 (except Mar. 20); 10 a.m., 11 a.m., and 12 p.m. • Naturalist Mark Irish will discuss the history of maple sugaring and lead a hike to a stand of maple trees to see how they are tapped, followed by a trip to an evaporator to learn how sap is turned into syrup. $5 plus $5 vehicle entrance fee (kids, $3). Call 426-8211.

Classes for Childbirth Preparation, for Parents, and for Families with Lamaze Family Center • Ongoing • Lamaze Family Center offers numerous classes designed to empower families to make informed choices and gain support in pregnancy and in parenthood. Classes include childbirth preparation, infant care for adoptive families, infant CPR and first aid, miscarriage and newborn loss support, breastfeeding and newborn care, Kindermusik, playgroups, mothers' groups, becoming a sibling, and baby sign language. Check website for times, dates, and fees. Call 972-1014; lamazefamilycenter.org.

Baby Time Fun with Lamaze Family Center Ann Arbor • This weekly circle time presents songs, games, and what changes to expect as your growing baby gets up and going. Designed for babies 5 months-one year and their caretakers. See website for dates, times, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Kindermusik Classes with Lamaze Family Center Ann Arbor • This class focuses on participatory song and movement. Classes for ages 0-7 years old and their caretakers. All classes include a music CD, book, and musical instrument. See website for dates, times, discounts for sibling registration, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Becoming Brothers and Sisters with Lamaze Family Center Ann Arbor • This class focuses on helping siblings-to-be feel special about their new role using story, dolls, and practice with holding, diapering, and swaddling a baby. Classes at the hospital also include a tour of a room on the labor and delivery floor. Children receive a certificate and big brother/sister button to wear. See website for dates, times, discounts for sibling registration, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Wild Swan Theater Series for Children • Children of all ages will enjoy performances geared for family fun. Wild Swan is dedicated to producing professional theater for families and making theater accessible to everyone. All performances are shadow interpreted for those who are hearing impaired. See website to purchase tickets. Call 995-0530; wildswan@wildswantheater.org or wildswantheater.org.
Feb. 11-13 • Drum Me A Story • African tales performed with storytelling, acting, dancing, and drumming.
Mar. 10-12 • Shipwrecked! • Coming-of-age drama set during a winter storm on Lake Huron in 1893.
Apr. 6-9 • Peter Rabbit • Peter Rabbit ventures into Mr. McGregor's garden despite his mother's warning.
May 4-8• Charlotte's Web • The classic story of a rare friendship between Wilbur the pig and Charlotte, a spider.

Family Dance: Pittsfield Union Grange • Jan. 17, Feb. 14, 2-4 p.m. • All kids, accompanied by an adult, invited for contra and square dancing with live music. Refreshments served. $12/family. Call 769-1052; pittsfieldgrange.org.

***The Hobbit* with Ann Arbor Young Actors Guild • Auditions for grades 2-6, Jan. 4-6, 5-7 p.m.; Performances, Mar. 18, 7:30 p.m.; Mar. 19, 2 p.m. and 7:30 p.m.; Mar. 20, 2 p.m. •** All are invited to audition for or see a staged production of *The Hobbit* in a youth theater group that requires creativity and idea-generation and features no cutting, no lead roles, and no stars. See website for costs and details. Call 926-5629; yag-season.org.

Hands-On Holidays with Ann Arbor Hands-On Museum • Jan. 1-3, 12-4 p.m. • The whole family can enjoy experiments, make-and-take projects, and performers, culled from the most popular science activities at the museum. Free with museum admission ($12/adults and children). Call 995-5439; aahom.org.

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Events Calendar for Kids

Crazy Wisdom Kids

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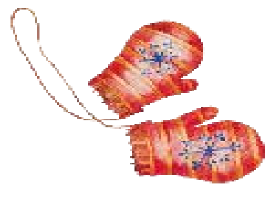

The Family-Friendly Film Series with Michigan Theater • Jan. 10, Feb. 21, 1:30 p.m. • Enjoy a family-friendly movie at the historic Michigan or State Theater. Free for kids 12 and under. Call 668-8397; michtheater.org.

Jan. 10 • *Any Body Can Dance 2* • Based on the true story of the Fictitious Dance Group out of Mumbai, India, this film explores the group's rise to fame, sudden downfall, and heroic attempt to seek vindication by regaining their lost pride and glory. Presented in Hindi with English subtitles.

Feb. 21 • *Born Free* • At a national park in Kenya, English game warden George Adamson and his wife Joy care for three orphaned lion cubs. After the two larger lions are shipped off to a zoo in the Netherlands, the smallest of the three stays with the couple.

Not Just for Kids: Family-Friendly Professional Theater with Michigan Theater • Feb. 13, Apr. 10; 1:30 p.m. • The whole family will enjoy live shows that provide a great way to introduce a child or grandchild to the magic of live musical theater and performance. Ticket prices begin at $10. See michtheater.org for details; tickets available for purchase at Nicola's Books, ticketmaster.com, or at 800-745-3000.

Feb. 13 • *Junie B's Essential Survival Guide to School* • Now that Junie B. Jones has been going to school for over one-and-a-half years, who better to write the book on everything you need to know? An all-new musical adventure based on Barbara Park's popular books. Recommended for grades K-5.

Apr. 10 • *Alexander, Who's Not Not Not Not Not Going to Move* • Join Alexander as he learns that home is "where your family is" and that change can be exciting. Recommended for grades K-4.

Kids Zumba with Peachy Fitness • Tuesdays, 6:30-7:30 p.m. • Designed for ages 6-13 years old, these classes are the ultimate dance-fitness party where they can play it loud and rock with their friends. Classes are designed to increase self-confidence, boost metabolism, and enhance coordination. No prior dance or fitness experience necessary. $15 (multi-class discounts available). See peachyfitness.com.

Kids Yoga with Peachy Fitness • Wednesdays, 6:30-7:30 p.m. • Designed for ages 6-14 years old, these classes help children build self-esteem and self-respect by promoting physical strength and using their muscles in a new way in a creative, non-competitive, and fun activity. Children will explore yoga by imitating animal poses, learning breathing techniques, playing games, and relaxing in a fun and nurturing environment. $15 (multi-class discounts available). See peachyfitness.com.

Family Yoga with Peachy Fitness • Saturdays, 10:15-11:15 a.m. • The entire family can practice yoga together as they cultivate emotional and physical bonding through postures for the whole family. Bring anyone you love -- Peachy Fitness loves all kinds of families. Designed for ages 3-10 and their adults. See website for costs at peachyfitness.com.

18th Annual Children and Youth Day Celebrating Dr. Martin Luther King, Jr. • Jan. 18, 8:30 a.m.-3:30 p.m. • The U-M School of Education presents a day of fun, creativity, dialogue, and entertainment commemorating the life of Dr. Martin Luther King, Jr. for all students in grades K-12. Activities will include storytelling, guided discussions, group projects, skits, rap poetry, and a range of musical performances. Free. Call Henry Meares at 323-4237; hmeares@umich.edu or sites.google.com/a/umich.edu/mlk.

Critters Up Close Series at Ann Arbor Hands-On Museum with Leslie Science and Nature Center • Monthly Saturdays, 10 a.m.-4 p.m.; Monthly Sundays, 1-4 p.m. • Monthly selection of live animals brought to the Ann Arbor Hands-On Museum with special animal-oriented, hands-on activities. Mid-day animal naptime break. Free with museum membership. Call 997-1553; info@lesliesnc.org or lesliesnc.org.
January 9, 10: Mammals
Feb. 13, 14: Worms and Friends
Mar. 12, 13: Lizards
Apr. 9, 10: Frogs and Toads

Critter House Open House with Leslie Science and Nature Center • Sundays, 12-3 p.m. • All are welcome to come and explore the animals and their homes in our critter house. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Turtles with Leslie Science and Nature Center • Mar. 11, 7-8 p.m. • Michigan's state reptile is the turtle! Turtles have been around for millions of years, and it's about time to give them a show. Explore the many types of turtles in Michigan with this opportunity to meet them live and up close. $6 ($5 members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Fairy Teas at Crazy Wisdom Tearoom

Winter Tea
February 18, 1 p.m. and 4 p.m. seatings

Special Mother's Day Fairy Tea
May 8, 1 p.m.

Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore.

Fairy attire is encouraged. Be creative!

Tickets are $11 per person. Babies 18 months and younger are free. Tickets must be purchased online at crazywisdom.net prior to the event.

For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net

Parents' Night Out: Science Investigations with Leslie Science and Nature Center • Jan. 16, 5-10 p.m. • Parents can enjoy a night out as children put on their lab coats for a fun and educational evening of mysteries, experiments, and observation, as well as a pizza dinner and snack. $30/child ($25/child for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Parents' Night Out: Creatures of the Night with Leslie Science and Nature Center • Mar. 5, 5-10 p.m. • Parents can enjoy a night out as children discover what life is like at LSNC after dark. Through crafts,stories, activities, a night hike, and meeting some of the animals up close, your child will discover the world of nocturnal creatures and enjoy a pizza dinner and snack. $30/child ($25/child for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Mar. 20, Apr. 17, 6:30-8 p.m. • Families can relax and enjoy time sitting around a campfire, roasting marshmallows and swapping stories. LSNC will provide the outdoor campfire and plenty of marshmallows; families bring themselves, camp chairs, and s'mores fixings. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Earthday with Leslie Science and Nature Center • Apr. 17, 10 a.m.-12 p.m. • The Ann Arbor Area Earthday Festival is an annual celebration coordinated by the Earthday Festival Planning Committee, a coalition of over 15 local environmental non profits and agencies. This free, family-friendly event features displays from 40 local environmental, nonprofit, and governmental organizations; live animal demonstrations; hands-on activities; live entertainment; green building and commuting technologies; energy topics; water awareness; sustainable agriculture and more. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Earth Day Celebration for All Ages with Zen Buddhist Temple • Apr. 24, 9:30 a.m. • Service followed by celebration and garden planting. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Ten Tips for When Your "Gentle Parenting" Is Going Out the Window

By Catherine Fischer

As parents, we've all been there, or we will be someday. Our busy lives create lots of pressure. It's awful when the patience, perspective, mindfulness — or whatever we have been working to sustain or cultivate — just slips away from us. It may feel like everything is fine until, suddenly, it's not. Or, we know we are on a downhill slide but feel helpless to stop it. Either way, we end up saying or doing regrettable things, and it feels terrible. This is not what we hoped for when we became parents.

Five Tips for When You Are About To Lose It

1. Check in with Yourself
As parents, sometimes we set aside our needs to the detriment of ourselves and our children. Have you heard of HALT? It's a simple mnemonic to help you check in with yourself when you are feeling bad. Are you Hungry? Angry? Lonely? Tired? Sometimes asking ourselves these questions can help us notice that the root of our bad feelings isn't actually our children!

2. Lower Your Standards
Are we trying to do too much? Are our expectations too high for ourselves and our children? Sometimes a little flexibility can go a long way.

- Can you simplify the meal you are making?
- Can you stop fighting with your children about what to wear and let them dress themselves?
- Can you let some of the housework go?
- Can you allow yourself to be late to where you are headed? Do you need to change your plans altogether?
- Can you wait a little longer for your child to turn off the TV/computer?

> Your children probably know your warning signs better than you do!

3. Take a Time Out
If it is safe for you to leave your children unattended briefly, you can go into another room by yourself and "let the upset out" without directing it at your children. Cry or yell into a pillow, hug a teddy bear. If you can't walk away, you can simply try to take a deep breath.

4. Connect with Someone
Find someone to vent to (or with) when things feel out of control. Tell someone you trust about the struggles you are having. Ask if you can call, email, or text them to vent when you are upset. You could even pre-program a phone number into your phone, and then ask your children to tell you to call that person if you are getting too angry, or have them call the number themselves. Your children probably know your warning signs better than you do!

5. "Give Up"
This one might sound off-the-wall, but consider the alternative. You already know that you might yell or hit and you don't want to. When all else fails, try lying down on the floor. It will literally give you (and your children) a new perspective.

> You can want to do better without being hard on yourself.

Five Tips for After the Crisis

When the crisis is over, or better yet averted, we often move on without much chance to think about next time. Usually we hope that we will stop ourselves next time, or we simply decide, *I'm never doing that again*. Sometimes, though, a decision isn't enough to hold up in the face of the intense emotions of parenting. So, as difficult as it can be to find or make time for ourselves and our emotions, sometimes we can't change the behavior until we get help with the emotions.

6. What Was Happening in Your Life When You Were That Age?
If you are having a particularly challenging time with your parenting, it might be worth thinking back to what was happening in your life when you were the same age as your child. Sometimes we can have an *aha* moment when we realize that when we were that age we moved, or our parents got divorced, or we started school and hated it. Those memories and the accompanying feelings shape how we feel about what is happening in the present. By becoming conscious of them, and perhaps having an opportunity to resolve those old hurts, you will find that responding to your children with patience and understanding becomes easier.

7. Do You Need to Set Different Limits?
When it's time to set a limit for our children, we may ask "nicely" and become frustrated when our children don't respond to our pleasant tone or our reasoning. Sometimes parents then flip over into harshness because they are so frustrated. Rather than trying to be "nice" and "reasonable," try going for "kind but firm." Don't expect your child to agree to the limit. You may need to listen to your child be upset about the limit, and that's okay.

8. Find a Support Group
It's okay to need help with our parenting. Do you need information? Support to know that you are not alone? There are lots of parenting support groups and classes around … explore until you find one that is a good fit for you.

9. Be Gentler with Yourself
The harshness toward our children comes out after we have experienced harshness ourselves, either as children or in our adult relationships. I also think that just living in the U.S. means that you are facing harshness as a parent. If we are beating ourselves up in our own heads, eventually it will also come out at our children. Considering everything that's happened in your life, you are doing the best you can. You can want to do better without being hard on yourself.

> When all else fails, try lying down on the floor. It will literally give you (and your children) a new perspective.

10. Find a Listening Partner
One awesome way to do the venting and reflecting necessary for change is to set up a "listening partnership" with another parent. The basics are simple: you take turns listening to each other for equal amounts of time … no advice, no jumping in with our own story, just listening and remembering that this other parent is doing his or her best. And so are you.

Catherine Fischer, M.A., C.P.D., is a birth and postpartum doula, former teacher, and long-time parent support group leader. She loves helping parents learn strategies for the emotional challenges of parenting and offers a monthly drop-in class for parents of young children. You can find out more at SupportForGrowingFamilies.com or by emailing catherine@supportforgrowingfamilies.com.

MUSIC LESSONS

Violin, Viola, and Cello Lessons in Ann Arbor
Instruction in Suzuki Method and Alternative Styles

Neil Gilfillan, Cello • Rachel Samson, Violin/Viola

Kids 3+ and Adults welcome!

- Private Lessons and Group Classes
- Workshops and group classes offered in classical, rock, and pop
- Learn note reading and music theory

Call or email to enroll now: chilidogstrings@gmail.com • www.chilidogstrings.com
Cello: (517) 760.5906 • Violin/Viola: (216) 571.2234

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
January through April 2016

Illustration by Sara Van Zandt

Abundance

Abundance and Prosperity and/or Building Your Spiritual Business with Karen Greenberg • Jan. 31, 12-5 p.m. or 5-10 p.m. • Despite a less than optimal economy, there are many spiritual practitioners who are thriving. Participants will learn their model, including universal spiritual practices and principles including affirmations, visualizations, gratitude, prayers, breathing, and meditations, as well as repatterning limiting beliefs from parents, culture, race, religion, and gender. Together with addressing low-vibrational emotions, worthiness issues, and sabotaging behaviors, these practices are designed to help create and sustain abundance and prosperity for a thriving spiritual business. $49. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Acupressure

Acupressure Self Massage with Joel Robbins • Jan. 13, 7-8:30 p.m. • Chinese medicine provides a way to cultivate health and longevity through pressure points along the acupuncture channels of the body. This class will explore self-massage practices to improve energy, reduce pain, and relax the body and mind by exploring the locations of various acupuncture points and learn methods for stimulating them as part of a self-care regimen. Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Acupuncture

Free Acupuncture Open House with Ann Arbor Community Acupuncture • Feb. 6 and Apr. 30, 11 a.m.-4 p.m. • All are welcome for a free acupuncture treatment, which may provide relaxation and relief from pain. Refreshments served. Call Evan or Cheryl at 780-7253; info@annarborcommunityacupuncture.com or annarborcommunityacupuncture.com.

Addiction and Recovery

Applying Mindfulness-Based Treatment for Youth Struggling with Substance Abuse with Sam Himelstein • Apr. 15-17 • This training program provides a one-day introduction to the principles and foundations for developing a mindfulness treatment approach to working with addicted youth. A two-day intensive program of supervised instruction and certification in a 12-step mindfulness-based substance abuse training follows the introduction. $125 (one day) or $375 (three days). Call Mary Ann at 476-5690; maryannmor@gmail.com or mc4me.org.

The Brain and Recovery: An Update on the Neuroscience of Addiction with Kevin McCauley • Jan. 19, 7:30-9 p.m. (reception from 6:30-7:30 p.m.) • This lecture summarizes the most current neuroscientific research about addiction, research that explains how the brain constructs pleasurable experiences, what happens when this process goes wrong, and why this can have a dramatic impact on our ability to make good choices. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Telling Our Stories: Narratives for Recovery in Alcoholics Anonymous with Stephen Strobbe • Jan. 26, 7:30-9 p.m. • Storytelling has always been an important part of Alcoholics Anonymous (AA). Hear about a model to help better understand and appreciate these transformative stories. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Suicide Prevention and Addiction with Raymond Dalton • Feb. 23, 7:30-9 p.m. • This program will raise awareness of the prevalence of suicide among people with addiction, describe signs of suicidal thinking, and discuss effective ways to offer support and help people who may be contemplating suicide. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Collegiate Recovery Programs: Supporting Second Chances with Mary Jo Desprez and Matthew Statman • Feb. 16, 7:30-9 p.m. • Many colleges and universities, including U-M, have developed programs to help recovering students maintain their recovery, excel academically, and have a normative college experience apart from the culture of alcohol and other drug use. This presentation will provide an overview of the national and local efforts to build recovery support programs on college campuses. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Does Addiction Treatment Work? with Carl Christensen • Mar. 15, 7:30-9 p.m. • This presentation will review the recent criticisms of treatment for addiction including Twelve-Step, residential, and medication-assisted therapy, and the scientific studies that do and do not support their use. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The History of Narcotics Anonymous with Chris Budnick and Boyd Pickard • Mar. 22, 7:30-9 p.m.(6:30-7:30 p.m. reception) • This presentation will review the history of Narcotics Anonymous (NA) with a particular emphasis on the role members of Alcoholics Anonymous played in the birth and early evolution of NA. The presenters, historians of NA, will share the legislation that led to the criminalization of addiction in the US and the contributions of NA. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Intervention to Durable Recovery: The Power of Family with Jeff Jay and Debra Jay • Mar. 29, 7:30-9 p.m. (6:30-7:30 p.m. reception; book sale and signing after presentation) • The presenters will share a highly-effective and detailed Intervention and Structured Family Recovery process that they developed through extensive work in intervention and family recovery. This process has helped addicted physicians attain lasting recovery which is available to families. The presentation will describe how to do an intervention and how to build a recovery team. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Grief and Loss in Addiction and Recovery with Janice Firn and Barb Smith • Apr. 19, 7:30-9 p.m. • This program will explain various theories of grief and grief recovery, describe losses that chemically-dependent individuals and their families experience throughout addiction and recovery processes, and discuss how recovery program tools can help individuals cope with grief and loss. It will also include a personal story of grief, loss, and recovery. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Christian Spirituality and Recovery from Addiction with Ed Conlin • Apr. 29, 7:30-9 p.m. • Spirituality is recognized to play an important role as a catalyst for recovery initiation, a protective factor against relapse, and a significant influence on quality of life in long-term recovery maintenance. This program will describe a Christian perspective of how spirituality relates to recovery from chemical dependency, explore personal spiritual needs and life choices, and discuss the Twelve-Steps as a spiritual program. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Teens Using Drugs: What To Know and What To Do with Ray Dalton and Jules Cobbs • Part One: Jan. 5, Feb. 2, Mar. 1, and Apr. 5; Part Two: Jan. 12, Feb. 9, Mar. 8, Apr. 12; 7:30-9 p.m. • Ongoing two-part series to help participants learn to understand, identify, and address adolescent alcohol/other drug problems. Targeted primarily to parents, inclusive of teens, other family members, professionals, and others interested. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Animals and Pets

Animal Communication with Judy Liu Ramsey • Jan. 22-24 and Apr. 8-10 • Learn how to communicate with animals in a step-by-step, nurturing environment that helps participants discover their natural telepathic skills. January class is a benefit for the Humane Society of Huron Valley. $150. Call 665-3202; ramsey.judy003@yahoo.com or hearttoheartanimalcommunication.net.

PetMassage Foundation Workshop with Distance Learning Courses in Canine Anatomy and Business Marketing with Jonathan Rudinger • Feb. 18-22 or Apr. 14-18 • This workshop provides a road map for creating and marketing a canine massage business. Topics will include theory, techniques, vocabulary, culture, and vision of PetMassage; body mechanics and diverse canine needs; complementary bodywork techniques; and basic dog anatomy and physiology. $1700. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Art and Craft

Spoon Carving with Mark Angelini • Mar. 6, 11 a.m.-5 p.m. • This workshop will guide participants using high-quality hand tools (available for purchase) in carving a spoon to take home out of green wood. Limit eight students. $65 ($55 by Feb. 6). Call Deanne at 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 118.

Creating from Within with Laura Shope • Jan. 10 or Mar. 12, 10 a.m.-6 p.m. • This workshop is designed to help participants reconnect with feeling alive as they dive into a creative process using paint on paper and powerful tools for self-discovery and awareness relevant to all areas of life. No experience or "skill" necessary as the emphasis is on process, not product. $99. Call 646-6374; laura@bluefireinstitute.com or bluefireinstitute.com/creativity.

Broommaking Basics: A Farmer's Whisk with Michigan Folk School • Feb. 20, 10 a.m.-2 p.m. • This course is an introduction to broom-making materials and construction as participants make a real broom (whisk broom or pot-scrubber/cake-tester) for decorative or functional use with simple materials. The course begins with a tour of growing broomcorn and materials gathering and will end with a finished small hand broom. Kitchen brooms and decorative options will be discussed. $50. Call 985-0198; registrar@mifolkschool.com or MiFolkSchool.com.

29th Annual Winter Fleece Fair with Spinner's Flock • Feb. 20, 10 am.-4 p.m. • A huge array of Michigan-grown fibers for spinning and felting and handspun yarns, as well as supplies for spinning, weaving, knitting, and felting. Members offer demos throughout the day. Free. Call 475-7922; spinnersflock.com.

Astrology

Drop-In Astrology Readings with Alia Wesala • Second and Fourth Saturdays, 3-6 p.m. in the Crazy Wisdom Tearoom • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1.50 per minute. No appointment necessary. Call 719-0782; astrolibration@gmail.com.

January Prediction Panel with Pat Perkins, Carol Ray, Richard Weber, and Nancy Bahlman • Jan. 31, 1:30-4 p.m. • SMART's annual think tank event will examine transits and charts for the coming year and discuss the impact of the celestial movements on the world and individual lives. $20 ($15 members). Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Annual Spring Blast with SMART Group • Mar. 19, 1:30-4 p.m. • Join this group to celebrate spring equinox and National Astrology Day. Activities will include a raffle, fortune eggs, free tarot readings, and time to chat with fellow astrologers. Free. Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Chinese Face Reading for Astrologers with Lynda Forbes • Feb. 27, 1:30-4 p.m. • Chinese face reading echoes in the natal charts of family, friends, and clients. The workshop will explore the correlations between the elements and their counterparts in Chinese face reading. The planetary placements in the face and how they relate to natal planets will be illustrated with well-known personalities and their birth charts. $20 ($15 members). Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

2016 Great Lakes Astrology Conference • Apr. 14-18, 9 a.m.-5 p.m. • Fourth annual conference in the Ann Arbor area features over 20 astrologers who will discuss a variety of topics beginner through advanced, as well as a vendor room. $260 (includes conference and banquet). Call Pam at 788-0186; greatlakesastrology@gmail.com or greatlakesastrology.com.

Author Events

Book Signing and Talk with Diane Burney, author of *Spiritual Balancing: A Guidebook for Living in the Light* • Apr. 6, 7 p.m. in the Crazy Wisdom Tea Room • A free author event that will include an overview of Burney's book, situations that create auric weaknesses, ways to increase your vibrations, and spiritual protection. Free. Call 665-2757; rachel@crazywisdom.net.

Bodywork

Avoid Re-Injury: Ease On Down the Road with Kathleen Moore, Weekly, Jan.-Apr. • This class helps participants learn to undo excess tension, improve self-awareness, and realign head-neck-torso through physical re-education and constructive, mindful movement and rest. $25/session ($255/12-session series). Call 668-8146; kathy@moore-voice.com or moore-voice.com.

A Touch of Thai Massage Monthly Playshop with Tatianah Thunberg and Kelly Kempter • Jan. 13, Feb. 10, Mar. 9, Apr. 13; 6:30-8:30 p.m. • Participants will learn the potent floor-based healing art practice of Thai yoga massage that uses body weight and gravity to apply pressure. Participants will gain confidence using a wide variety of stretching techniques using breath and movement to create a safe environment of healing touch for both giver and receiver according to monthly themes. No experience necessary. $25 ($20 in advance). Call Kelly at 223-4156; sacredbreathhealingstudies@gmail.com or sacredbreathhealingstudies.blogspot.com.

Are You Losing the War with Gravity?: An Introduction to Rolf Structural Integration with Robert Auerbach • Jan. 27, Apr. 27; 6:30-8:30 p.m. • This workshop helps participants explore how the impact from injuries, emotional traumas, and belief systems get stored in the body's connective tissue and organized into chronologically frozen postures. Rolf Structural Integration bodywork can reverse these patterns, improve your game, deepen breathing, and increase flexibility. Donations accepted. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Crazy Wisdom Calendar

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Jan. 15, Feb. 19, Mar. 18, Apr. 15; 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.

Jan. 15 • *How We Learn: The Surprising Truth about When, Where, and Why It Happens* by Benedict Carey, hosted by Rachel Pastiva • Award-winning science reporter Benedict Carey sifts through decades of educational research and landmark studies to uncover the truth about how our brains absorb and retain information. Is a dedicated desk in a quiet room really the best way to study? Can altering your routine improve your recall? Are there times when distraction is good? Is repetition necessary? Carey's search for answers to these questions yields a wealth of strategies that make deep learning more a part of our everyday lives -- and less of a chore.

Feb. 19 • *Radical Remission: Surviving Cancer Against All Odds* by Kelly A. Turner, hosted by Rachel Pastiva • Kelly Turner, a researcher and psychotherapist who specializes in integrative oncology, shares her remarkable research on over a thousand cases of radical remission -- people who have defied a serious or even terminal cancer diagnosis with a complete reversal of the disease.

Mar. 18 • *Mindwise: Why We Misunderstand What Others Think, Believe, Feel, and Want* by Nicolas Epley, hosted by Bill Zirinsky • In this illuminating book, leading social psychologist Nicholas Epley introduces us to what scientists have learned about our ability to understand the most complicated puzzle on the planet -- other people -- and the surprising mistakes we so routinely make. *Mindwise* will not turn others into open books, but it will give you the wisdom to revolutionalize how you think about them -- and yourself.

Apr. 15 • *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban* by Malala Yousafzai, hosted by Rachel Pastiva • When the Taliban took control of the Swat Valley in Pakistan, one girl spoke out and refused to be silenced as she fought for her right to an education. At age fifteen, she almost paid the ultimate price as she was shot in the head at point-blank range while riding the bus home from school, and few expected her to survive. This is the remarkable tale of a family uprooted by global terrorism, of the fight for girls' education, of a father who, himself a school owner, championed and encouraged his daughter to write and attend school, and of brave parents who have a fierce love for their daughter in a society that prizes sons. This story will make you believe in the power of one person's voice to inspire change in the world.

Jewel Heart Readers • Jan. 12, Feb. 9, Mar. 8, Apr. 12; 7-8:30 p.m. • All are welcome to enjoy a lively discussion on monthly dharma-related book selections with fellow sangha. Free. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

Lift Your Spirit Book Club with Debra Williams • Feb. 8, Apr. 11; 6-7:30 p.m. • This group meets every other month to read, explore, and discuss uplifting books for inspiration and empowerment as we share our thoughts. Donations accepted. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

> *Retire to the center of your being, which is calmness.*
> —PARAMHANSA YOGANANDA

Breathwork

Consciousness Rising Breathwork/Meditation with Pat and Dave Krajovic • Jan. 11, Feb. 8, Mar. 7, Apr. 4; 10:30 a.m.-12 p.m. • Participants will learn to uplift the spirit when powerful group energies combine with meditation and conscious breathing to effectively release stress energies and negativity in order to find more joy and peace, and to strengthen connection to source. $25. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

The Five Golden Keys to Mastering Your Day with Pat and Dave Krajovic • Feb. 7; 9:30 a.m.-4 p.m. • Participants will learn five sacred mantras/breaths that will help them to be the masters of their lives. This simple but highly-effective program teaches the presence breath, mystery breath, gratitude breath, inspiration breath, and love breath to come into inspired life mastery. $179. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Creating the Perfect Day with Dave and Pat Krajovic • Feb. 5; 6-9 p.m. • Participants will learn how to start and end their days to bring more good, more joy, more prosperity, more beauty, and more ease into their lives through consciousness. $59.95. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

How to Change Another Person (or Anything) in 28 Days or Less with Pat and Dave Krajovic • Mar. 13, 9 a.m.-1 p.m. (with follow-up conference calls on Mar. 17, 24, 31; Apr. 7, 8-9 p.m. • This series will present an effective and powerful technique to better relationships to anyone and anything. It can be used to improve relationships with spouses, family members, co-workers, money, healthy, or anything. $99. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Drop-In Breathwork Sessions with Frank Levey • Tuesdays, 9:30-11 a.m. and 7-8:30 p.m. • Many of life's traumas and difficulties can manifest in the body as restricted and closed breath. Each session offers participants guidance and training useful for experiencing a free and open breath to enhance health on all levels of being and in daily life. $15-$25. Call 657-8742; frank@awakened-breath.com or awakened-breath.com.

Inspired Life Mastery with Pat and Dave Krajovic • Feb. 6, 9:30 a.m.-4 p.m. • In this workshop participants will explore how to enrich their lives by rising above the limitations of thought and the heavy consciousness of humanity by learning what energies are blocking them from a rich and abundant life by learning to connect directly to source and allowing life to unfold with ease and grace. This is part of the Ascension Breathing Inspired Life Mastery series of programs. $159. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Introduction to Inspired Life Mastery with Pat and Dave Krajovic • Jan. 20, Apr. 1, 6-8 p.m. • Ascension breathing is a new way of experiencing the world, grounded in and inspired by source energy. Participants will learn to connect first to source before acting in order to become the master of their lives. An update of modern breathwork, ascension breathing includes many proven contemporary and ancient teachings. $39. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Triangle Breath of Creation with Pat and Dave Krajovic • Apr. 3, 9 a.m.-4 p.m. • The breath models how creation works through the triangle breath of creation, which accesses the possibilities and energies of creation. This is part of the Ascension Breathing Inspired Life Mastery series of programs. $199. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Unleashing Unlimitedness with Pat and Dave Krajovic • Apr. 2, 9 a.m.-4 p.m. • This workshop shares proven techniques to free stuck energy, limiting beliefs, and negative thought forms, and includes the angelic circle of healing, cleansing meditations, conscious breathing, energy sweeping, cord cutting, and color pranas. This is part of the Ascension Breathing Inspired Life Mastery series of programs. $179. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Buddhism

GOM Practice Weekend with Jewel Heart Instructors • Feb. 19-21 • GOM, or concentrated meditation, is an essential tool to develop peace, joy, and the power to deeply understand wisdom. Offered according to the Tibetan Buddhist tradition, the weekend will include practice sessions with light guidance with silence maintained between sessions, sitting, and walking meditations. $50. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Sundays with Gelek Rimpoche • Sundays, Feb. 7-Apr. 24; 11 a.m.-12 p.m.; Tea and Cookies from 12-12:30 p.m. • Weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor and New York and other locations, these talks will also be live video webcast. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

Foundation of Perfections with Jewel Heart Instructors • Thursdays, Jan. 28-Mar. 31; 7-8:30 p.m. • This course, based on Gelek Rimpoche's commentary on the famous text by Je Tsong Khapa, presents a summarized outline of the graduated path to enlightenment. Suitable for beginners and seasoned practitioners alike. $100 (Jewel Heart members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

The Art of Living with Jewel Heart Instructors • Wednesdays, Jan. 27-Mar. 16; 7-8:30 p.m. • This course explores how to bring insight and heart to the ordinary circumstances and inevitable challenges of daily life. Following Gelek Rimpoche's book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. $80 (Jewel Heart members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

New Year's Day Celebration with Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Begin 2016 with contemplation and candle-lighting. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Buddha's Enlightenment Sitting with Zen Buddhist Temple • Jan. 15, 8 p.m. • Meditate to awaken your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. or 10 p.m.-midnight. After midnight, participants may stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit, or money for the altar. Everyone welcome. Call 761-6520; annarbor@ZenBuddhistTemple.org.

World Peace Chanting Service with Zen Buddhist Temple • Feb. 6-12, 6:30 a.m. each day and 7 p.m. on Monday, Tuesday, Wednesday, and Friday • A week long kido chanting and purification service for repentance, peace of the world, and happiness for all beings. Everyone welcome. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Sunday Services with Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

One-Day Retreat with Zen Buddhist Temple • Feb. 6, 9 a.m.-5 p.m. • The retreat offers sitting and walking meditation, simple manual work, vegetarian lunch, and rest for an interval of deepening, slowing down, silence, and mindfulness. $60. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Wednesday Meditation with Ann Arbor Karma Thegsum Choling • Wednesdays, 7:30 p.m. • Silent, sitting meditation followed by discussion of teachings by Karma Kagyu Tibetan Buddhist teachers. Free. Call Pat at 678-7549; aaktc@yahoo.com.

Sunday Sadhana Meditation Practice with Ann Arbor Karma Thegsum Choling • Sundays, 11 a.m. • Sadhana practice includes chanting and mantra recitation. Medicine Buddha meditation on the first Sunday of the month; Green Tara meditation on the third Sunday; second and fourth Sundays are Chenrezig/Amitabha meditation. If there is a fifth Sunday, it is silent sitting meditation. Texts are provided and all are welcome. Free. Call Pat at 678-7549; aaktc@yahoo.com.

Movie Night with Ann Arbor Karma Thegsum Choling • Jan. 20, Feb. 17, Mar. 16, Apr. 20; 7:30 p.m. • Third Wednesdays are for movies rather than meditation. Titles are TBA, but they usually relate to Buddhism, Tibetan Buddhism, or our teachers. Free. Call Pat at 678-7549; aaktc@yahoo.com.

Ceremonies, Celebrations, and Rituals

New Year's Day Celebration with Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Begin 2016 with contemplation and candle-lighting. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Earth Day Celebration for All Ages with Zen Buddhist Temple • Apr. 24, 9:30 a.m. • Service followed by celebration and garden planting. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Paramahansa Yogananda's Birthday Celebration with Song of the Morning Yoga Retreat Center Staff • Jan. 5, 8 p.m. • Join others to celebrate Paramahansa Yogananda's 116th birthday. Highlights include a screening of the film *Awake: The Life of Yogananda*; a commemorative meditation that includes honorary readings on and from Yogananda; and sharing homemade birthday cake. Free. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org.

Easter Satsanga and Meditation with Self Realization Meditation Healing Centre • Mar. 27, 10:15 a.m. •All faiths are welcome to join on Easter morning for a meditation gathering to share song-chants, inspired thoughts, and an Easter message followed by pure meditation and silent prayer for as long as you wish. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Spring Equinox with Esther Kennedy • Mar. 20, 3-4:30 p.m. • This ceremony honors the uniqueness and hidden beauty of this first turning of the seasons as the new is born out of the quiet stillness of winter and contains the seeds for the abundance of summer. Participants will come together to affirm a commitment to care for Earth and the children of all species. Free. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Council of All Beings Workshop with Claire Maitre • Apr. 23, 9 a.m.-5 p.m. • Participants will be guided to deepen their relationship with the natural world through spending solitary time in nature, creating a mask to help them adopt the persona of another being, and using their imagination to foster compassion for all fellow beings with whom we share the biosphere. Workshop will include activities to encourage courage, endurance, play, and creativity as we build community in preparation for taking action in defense of the earth. See Mar. 20 workshop on "How To Open Our Field To Receive Wisdom and Guidance from the Natural World" under Spiritual Development for a prelude to this workshop. $55 (partial scholarships available based on need). Call 248-623-8803; clairemaitre06@gmail.com or chrysalistransitions.com.

Vernal Equinox Celebration: A Multigenerational Celebration of Balance and Rebirth with the Michigan Friends Center • Mar. 20, 6-7 p.m. potluck; 7-9 p.m. bonfire/circle • This celebration celebrates the balance of light and dark and the birth of spring with a potluck dinner followed by a circle in which to share thoughts, poems, stories, songs,and knowledge. All ages welcome. Bring food to share and your own place settings, as well as a verse, story, or song to share after dinner as well. Water and herbal tea provided. Dress for the weather and bring a flashlight. Call 475-1892; manager@mfcenter.org or mfcenter.org.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • Jan. 13, Mar. 9, Apr. 13; 7-9 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk on topics such as vipassana and pure awareness, working with inner guidance, and supporting changes in our physical and spiritual bodies, followed by Q&A. All are welcome with no registration necessary. Donation requested. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • Jan. 26, Feb. 23, Mar. 29, Apr. 19; 7-9 p.m. • Participants will share a channeled message about what is happening in the world and how to shift energy so that humanity can move forward along ascension pathways easily. Time for questions and answers, and personal messages may also come through. Participants are welcome to drop in at any time. Love offering requested. Call Eden at 904-0076; kzarley88@gmail.com.

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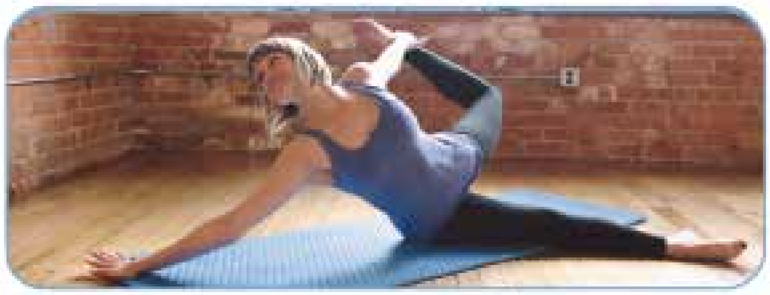

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The Crazy Wisdom Calendar

Channeling (continued)

Channeling Workshop with Barbara Brodsky • Mar. 19, 9 a.m.-5 p.m. • See website for details and registration information. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Channeling Circle with Jason Riggs • Fridays, 6:30-8 p.m. • All participants have their own unique experiences of the same phenomena of communicating and working with spirit. These gatherings enable participants to channel in a safe space and share their own direct experiences. Donations requested. RSVP to Jason@thecrystalengineer.com or call Tana at 477-5848; info@deepspring.org or deepspring.org.

Chanting

Nada Yoga Weekend Workshop with Bhagavan Das and Sharada Devi • Apr. 22-24 • Satsung talk, kirtan concert, and nada yoga workshop that all include mantra chanting. $150. Call David at 248-556-0992; houseofyoga@ymail.com or houseofyoga.net.

Chanting with Ann Arbor Kirtan • Jan. 22, Feb. 12, Mar. 11, Apr. 22; 7:30-9:30 p.m. • This event is an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5. Call Karen at 645-8904; karenrlevin@gmail.com or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8:15 p.m. • All faiths, meditation practices, and traditions are welcome for devotional chanting in English to help open hearts and go deeper into stillness and peace. Followed by pure meditation and silent prayer at 8:30 p.m. with winged prayer for all in need at 9 p.m. Come and go as you wish. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Childbirth

Childbirth Preparation Class with Lamaze Family Center Ann Arbor • One-day, four-week, and two-week childbirth preparation classes available • Lamaze Childbirth preparation classes give confidence and knowledge to make informed decisions during labor and birth. Evidence-based teaching provides tools for the birth experience for each birthing family. It's not all (or even mostly) about breathing. $190. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Preparation for Giving Birth and Caring For Your Newborn with Center for the Childbearing Year • Tuesdays, Jan. 12-Feb. 16; 6:30-9 p.m.; or Wednesdays, Apr. 13-May 18; 6:30-9 p.m. • These classes are designed to foster a fun and informative community environment. Topics include natural approaches to pain management, support techniques and comfort measures, how partners can help, and more. Comprehensive six-week series, condensed classes , or multi-media online classes. Lending library, free mother-baby drop-in groups and more. $260 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Focus on Labor and Birth: Childbirth Preparation Condensed Class with Center for the Childbearing Year • Jan. 9, 9:30 a.m.-5 p.m.; Tuesdays, Mar. 15-29; 6:30-8:45 p.m. • This interactive, hands-on class is perfect for couples with busy schedules or those seeking a refresher class. Topics include natural approaches to pain management, support techniques and comfort measures, how partners can help, and more. Comprehensive six-week series, condensed classes, or multi-media online classes. Lending library, free mother-baby drop-in groups and more. $185/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics and Newborn Care with Center for the Childbearing Year • Jan. 16, Mar. 5, or Apr. 30; 9:30 a.m.-4:30 p.m. • This class is designed to guide you through your choices, share strategies, and teach the skills necessary to enjoy breastfeeding and caring for your newborn baby. Take the full day workshop or your choice of breastfeeding basics in the morning and newborn care basics in the afternoon. Learn how to read your baby's hunger cures; how often and how long to nurse; latch and positioning; back-to-work planning; pumps and equipment; and more. Newborn care topics include diaper options and how to; techniques to calm a newborn; safe babywearing; car seat safety; giving baby a bath and more. $95/couple full day; $55 half-day. Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Feb. 19-21; Apr. 15-17 • This workshop, led by doula business expert and author prepares participants to be professional birth doulas through hands-on, skill-based workshops which fulfills two certification requirements for birth doulas through DONA International. You do not need to be a mother yourself nor have a medical background to become a doula – just a passion for birth and desire to be in a support role to moms. $520 ($470 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan and Guest Instructors • Mar. 10-13 • This course prepares participants to provide in-home care to families in the postpartum period. Topics will include breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. This training fulfills two certification requirements for postpartum doulas through DONA International. $630 ($565 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Top Seven Questions about Becoming a Doula Monthly Teleseminar with Patty Brennan • Jan. 4, Feb. 1, Mar. 7, Apr. 4; 8-9 p.m. • This interactive teleseminar is designed to explore whether or not becoming a doula is right for you. Doula business expert and author of *The Doula Business Guide* will host this free conference call for anyone wanting to learn about doula training, career paths, the "on-call" lifestyle, blending doula work and family life, the viability of doula business, and more. Free. Preregister at 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics for Doulas with Barbara Robertson • Feb. 18, Apr. 14; 6-9:15 p.m. • This workshop presents the latest evidence-based breastfeeding support from a lactation educator. This class will enhance the doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. $70 ($55 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Birth and the First Three Months with Katy Gladwin • Six-week classes beginning Jan. 12, Feb. 4, Feb. 23, and Mar. 17 • The childbirth segment of this class is a very practical class designed for pregnant women and their partners to clarify what a positive birth experience means and to help with preparation. The postpartum segment is about making a joyful transition through the first three months to help strengthen family bonds. $290. Call Deb at 604-1841; deb@pregnancyarts.com and pregnancyarts.com.

Washtenaw County Birth Circle with Katy Gladwin • Jan. 18, Feb. 15, Mar. 21, Apr. 18 • Participants can join others in a safe, non-judgmental forum to share experiences, ask questions, connect with members of the local birth community, or just listen and be part of the experience. The goal of the circle is to empower women to take control of their births, and to provide caring support, sound guidance, and evidence-based information in a place of encouragement, healing, and connection. Free. Call 288-7784; info@sacredrootsservices.com or facebook.com/WashCoBirthCircle.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar Section on page 86. This section is devoted to events and classes for children, young adults, and families.

Fairy Tea at Crazy Wisdom Tearoom • Feb. 18, 1 p.m. and 4 p.m. seatings; Special Mother's Day Fairy Tea, May 8, 1 p.m. • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are $11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Mother's Day Fairy Tea at Crazy Wisdom Tearoom • May 8, 1 p.m. seating • Children and their families are invited to celebrate mothers and grandmothers for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are $11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Chiropractic

Introduction to Bio-Geometric Integration (BGI) with Diane Babalas • Jan. 12, 7 p.m. • This one-hour lecture introduces BGI, a chiropractic model that looks at the geometry of the spine and how it relates to alignment and physical, chemical, and emotional stressors. Free. Call Gateway Chiropractic at 239-6060; gatewayBGI@gmail.com or GatewayChiropracticBGI.com.

Exploration of Tone with Diane Babalas • Feb. 6, 2-4 p.m. • Participants will use their senses to experience and understand tone with the greater purpose of enhancing connection in order to connect more deeply with the self, others, and a sense of the divine. The workshop will include loving-kindness meditation and to create this healing tone in participants' own systems. $45. Call Gateway Chiropractic at 239-6060; gatewayBGI@gmail.com or GatewayChiropracticBGI.com.

On January 1, 2016, the Crazy Wisdom Calendar will be available online at our website: www.crazywisdomjournal.com.

Self-Care — The Ultimate Act

By Samantha Hart

You may have heard it before — that *you* are the most important person in your life, and the more selfish you are, the more selfless you can be. I know, it sounded like baloney to me at first too, but hear me out. The word "selfish" — defined as being concerned primarily with one's own personal profit or pleasure — has a negative connotation, almost synonymous with "self-absorbed." It is the opposite of "selfless." However, in life we are constantly striving for balance, whether it's with work, relationships, food … so why should this be any different? The more we take care of ourselves, the more we are able to take care of others. So let's take a moment to be selfish, because it is just as important to our health as eating our kale.

There are ways to find time for self-care throughout your day. For many of us who have running, yoga, or other physical exercise on our daily to-do lists, a big act in self-care is actually taking these activities *off* the list. Yes, that's right! Let it be what it is — an act of love to our bodies and beings rather than just another item to check off the to-do list. Whether you run, swim, practice Pilates or yoga, let it be a moment for *you* — for you to love the movement of your body, become one with the breath, and feel the beauty of your entire being. When we change our perception about an activity from it being something that we *have* to do, to it being something that we *want* to do, we allow ourselves to truly absorb the experience. If you practice alone, you may realize that this quality time with you is the biggest treat you can offer to yourself, and in turn, offer your loved ones.

> *Whether you run, swim, practice Pilates or yoga, let it be a moment for you — for you to love the movement of your body, become one with the breath, and feel the beauty of your entire being.*

Moments for the self can also be found in moments of stillness. We crave quiet in times of chaos, but it never seems to become a part our self-care regimen. To sit in awareness is to bring a bit of bliss, beauty, and harmony to the you, me, and we. We can find stillness (meditate) in the morning to set the tone for the rest of the day, or we can meditate after work or before bed to help clear and calm the mind from the day's stresses. With practice, it will become part of our routine, but for a lot of us, there just isn't enough time to sit when there are kids that need to get to school, bills to be paid, and dinner to be made. To find self-care in stillness, it once again becomes about a change in perception — rather than thinking of meditation as sitting in a lotus position, chanting, swaying, and burning a sage stick from side to side, let's think of it as an offering to ourselves (and to others), and maybe in this mindset, we can discover a different route to enlightenment and self-love. It can be as simple as turning your morning coffee or an evening glass of wine into a meditative moment. Wherever you enjoy that coffee or wine, close your eyes for a few seconds to enjoy the stillness. Here are some tips to find it:

Lightly close your eyes and begin to focus your attention inward. *Savor the moment*. Keep breathing. Soften your face, relax your grip, relax your mouth, relax your tension. Be in present awareness with the activity. Dissect each flavor, taste, and texture. Track the liquid as it goes into your mouth, down your throat, and into your stomach. Follow your breath in, hold for a moment, and follow it back out. Enjoy, linger, and savor the stillness — it comes and goes so quickly.

> *An act of self-care is really just taking a moment for you to do what you need to do in order to be the best you.*

You could also take this meditation into the bath, if you try it in the evening, with wine or an herbal tea. Let yourself prepare a "selfish" bath, one that would normally take too much time to prepare for yourself but that you would gladly offer to someone you care about. Linger there in the stillness and afterward use scrubs and exfoliates (bought or homemade) to gently wash and massage the day away. Your body and loved ones will thank you for taking that 15 minutes to be with yourself, finding solitude and self-love.

All of the above are simply suggestions. An act of self-care is really just taking a moment for *you* to do what *you* need to do in order to be the best you. You do so much for so many. Though the days go by quickly and we always feel there's a shortage of time, we can take a few moments for ourselves. Even if only for 5 minutes, allow yourself that time to be fully "selfish" so you can be selfless throughout the remainder of your day.

> *To sit in awareness is to bring a bit of bliss, beauty, and harmony to the you, me, and we.*

Samantha Hart is a wife, yoga teacher, and writer residing in Ann Arbor. She holds weekly yoga classes at Move Wellness and is available for private yoga instruction. She has conducted workshops around Ann Arbor and is currently working on a body image workshop to be held in 2016 for teenagers and young women. Sammy came to yoga because of her own body-image issues, and she tries to help others through movement, breath, and cultivating compassion for one's own body. To get in touch, email sammyhartyoga@gmail.com.

The Crazy Wisdom Calendar

Cynthia Conklin gives Zen Shiatsu treatments at her practice, Eastern Sun Shiatsu. Zen Shiatsu is a healing modality established by Sensei Shizuto Masunaga. It integrates two Japanese disciplines: Zen Buddhism and Shiatsu. For more information, visit www.easternsunshiatsu.com. Also, see her ad on page 35.

Christianity

Holy Week Retreat: Blessed, Broken, and Given with Joan Delaplane • Mar. 20-24 • This holy week invites participants to reflect on the meaning of the Paschal mystery at this time in their lives. What does it mean for us, the body of Christ, to be blessed, broken, and given for the sake of the world? The retreat will include a morning presentation, followed by a celebration of eucharist. Afternoons will be free for personal reflection, prayer, contemplative walking, journaling, or creative expression. After supper, optional short prayer and sharing time. $375 plus $25 deposit for single occupancy ($225 plus $25 for commuters). Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Good Friday Meditation with Lighthouse Center • Mar. 25, 12-1:30 p.m. • Gather at noon and meditate from 12:30-1:30 p.m. honoring Christ Consciousness of love and forgiveness. Vegan potluck follows. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com.

Easter Sunday Candlelight Service with Lighthouse Center • Mar. 27, 6-7:15 p.m. • Special candlelight meditation and healing in celebration of rebirth and renewal of the Christ Consciousness. All welcome. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com.

A Course in Miracles

***A Course in Miracles* Study Group with Lorri Coburn • Thursdays, 12-1:30 p.m.** • All welcome to study in a non-dualistic interpretation of *A Course in Miracles.* Free. Call 428-8539; lorricassie@sbcglobal.net or lorricoburn.com.

Crystals

Quartz Crystal Identification and Uses with Jennifer Vanderwal • Mar. 20, 11 a.m.-3 p.m. • This workshop helps participants unlock the hidden secrets in how to cleanse, charge, and program quartz crystals as they learn to feel energy and explore record keepers; participants will receive crystal healing arrays. The workshop will include a guided meditation using quartz crystals as energy amplifiers and receive a free quartz crystal. $66. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Melody Crystal Healing Level Two with Jennifer Vanderwal • Mar. 6, 13; 11 a.m.-6 p.m. • This workshop presents information about how to construct arrays, clear energy meridians, past life ascensions, manifesting, and healing in order to take back the power to heal self and others through the magic and mystery of healing crystals. Certification after successful completion of Level One and Two. $200. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Crystals to Relieve Stress with Jennifer Vanderwal • Jan. 24; 11 a.m.-1 p.m. • This workshop presents simple techniques to use crystals to eliminate stress and anxiety as participants learn to construct a powerful healing crystal array to eliminate stress. Workshop will include a stress-relieving guided meditation. $35. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Tap into the Healing Power of Self Love with Healing Crystal Energy with Jennifer Vanderwal • Feb. 7, 11 a.m.-1 p.m. • This workshop explores the importance and benefits of self-love and how to work with crystals to enhance self-reflection and inner knowing through the energy of a special crystal array along with guided meditation to open specific chakras and engage the healing power of self love. $35. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Detoxification

Master Cleanse with Craig Parian • Begins Jan. 14, 7 p.m. • Participants will engage in a total detox designed to restore organ and body processes to optimal functioning without costly supplements. Past participants have experienced increased vitality, decreased pain, improved elimination and digestion, clarity of mind, and spiritual uplift. $100. Call 272-5020; cjparian7@gmail.com or evolvingshiatsu.com.

Dreamwork

Monthly Active Dream Group with Dreaming Julie • Jan. 10, Feb. 14, Mar. 13, Apr. 10; 3-5 p.m. • Participants will learn to bring dreams and a sense of adventure to explore new landscapes and tap into sources of creativity and guidance through active dreaming as they learn to re-enter dreams and bring back information for healing and transformation. Free. Contact info@dreamingjulie.com.

Drumming

Drummunity Circle with Lori Fithian • Jan. 20, Feb. 23, Mar. 22, Apr. 21; 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drummunity.com.

Energy Healing

Esoteric Healing IV with Joanne Karpinen • Apr. 6-10, 9 a.m.-5 p.m. daily with lunch break • All material learned in Courses I, II, and III will be integrated and expanded upon in new ways to deepen the application of esoteric healing into a powerful form of energy healing. Topics include the ageless wisdom teachings, esoteric psychology, nervous system, alta major center, vagus nerve, immune system, the seven rays, and the links between chakra and subtle bodies. $475 ($200 to repeat). Call 517-347-4618; drkarpinen@aol.com or IntegratedHealingJourneys.com.

Healing Touch Certificate Program, Level One with Barb McConnell • Jan. 30-31; Apr. 30-May 1; 8 a.m.-6 p.m. • Learn through lecture, demo, and hands-on the 12-14 basic techniques to balance and energize the human energy system and promote healing. 18 CEs for nurses and massage therapists. $310 plus $15 workbook ($290 plus $15 workbook with early registration). Call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program, Level Two with Barb McConnell • Feb. 6-7; 8:30 a.m.-6 p.m. • Completion of Level One required. Review Level One plus learn back techniques and spiral. Emphasis on developing healing sequence for specific needs. 17.5 CEs for nurses and massage therapists. $310 plus $15 workbook ($290 plus $15 workbook with early registration). Call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program, Level Three with Barb McConnell • Apr. 9-10; 8 a.m.-6 p.m. • Completion of Levels One and Two required. Learn to increase energy level to facilitate deeper healing in clients. Chelation, lymphatic drain, and additional back techniques are part of this level. 17.5 CEs for nurses and massage therapists. $315 plus $15 workbook ($290 plus $15 workbook with early registration). Call 517-914-4133; mcconb51@bigplanet.com.

Sun Shen Chi Clinic with Joanna Myers and Alexis Neuhaus • Mondays-Thursdays, 2-3 p.m.; Fridays, 12:30-1:30 p.m. • The Chi Clinic was founded to support individuals in person or remotely to help them feel centered, rested, focused, and energized. This modality is designed to provide a sense of wholeness from the inside, deep healing, mental stability, and ability to reach full potential. $100/month to receive healing five times per week. Call Alexis at 845-9786; alexis@sunshen.org or chiclinic.org.

Aligning Your Higher-Self with Your Body Consciousness with Anne Duffy and Carl Gunderson • Mar. 6, 1-5 p.m. in the Crazy Wisdom Community Room • This workshop is designed to help participants design a new spiritual hierarchy of guides while creating aligned-body consciousness to manifest the life of their dreams in order to promote positive relationships, inspiring careers, vibrant health, joy, prosperity, and peace. $65. Call Anne at 765-5830; manifest5x1@gmail.com.

Natural Spiritual Healing Course, Diploma Program Weeks One and Two of Five with Self Realization Meditation Healing Centre • Apr. 16-17, 23-24; Apr. 30-May 1; May 4-15, 28-29 • This program is designed to help participants develop a healing practice and take healing skills and knowledge into their way of life and work, or as a part of personal self development. Five weeks of training over two years, includes an independent assessment. See syllabus on website. $990 (includes vegetarian meals. Accommodations and additional meals, plus bursary, available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Introduction to Energy Healing with Dave and Pat Krajovic • Feb. 24, 6-8 p.m. • This workshop will teach participants how to feel energy and heal with their hands. Everyday scientists are discovering evidence that we are vibrational beings and that remarkable healings can occur by simply learning how to move energy. Workshop will teach a simple technique to relieve stress, increase energy levels, and enhance overall energy flow for a vibrant and healthy life. $39. Call Dave at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:15 p.m. • The Sun Shen Internal Cultivation and Healing System is an intimate, hands-on form that is an integrated approach which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. $300/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Enneagram

Just the Fours with Su Hansen • Feb. 7, 1-5 p.m. in the Crazy Wisdom Community Room • Join with others of the same enneagram type to explore how the type structure affects life, as well as how the structure can be loosened to transform to a fuller life. $75 (sliding scale). Contact su@suhansen.com or suhansen.com.

Meet Up for Experienced Enneagramers with Su Hansen • Contact for times and dates • Experienced enneagramers from the Ann Arbor area will use it in work and combine with other practices and wisdom for personal and spiritual transformation. Participants will develop joint ventures and opportunities to study together at this gathering. Free. Contact su@suhansen.com or suhansen.com.

Films

Free Films and Discussion at Jewel Heart • 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and film. Free (Concessions available for an additional cost). Call 994-3387; annarbor@jewelheart.org.
Jan. 29 • *The Butterfly and the Diving Bell* • After suffering a stroke, journalist Jean-Dominique Bauby uses one eye to blink out this memoir of the psychological torment of being trapped in his body and the imagined stories from lands he has visited only in his mind.
Feb. 26 • *The Sea Inside* • The factual story of Spaniard Ramon Sampedro, who fought a 30-year campaign in favor of euthanasia and his own right to die.
Mar. 25 • *Intouchables* • After he becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man from the projects to be his caregiver. Though this may sound depressing, this uplifting movie explores how compassion manifests between two unlikely friends.
Apr. 29 • *Departures* • Academy Award winner for Best Foreign Language Film of 2009, this film tells the journey of love, discovery, and revelation of the transcending human spirit in the heartland of Japan and its cultural heritage.

Fundraisers

Dawn Farm Ride for Recovery • Apr. 24, 8 a.m.-2 p.m. (onsite registration at 7 a.m.) • The Ride for Recovery is a family fun and fitness event and fundraiser for Dawn Farm. There will be bike rides from 10 to 100K, 5K/10K runs/walks; breakfast snacks and a "recovery celebration" lunch. The event is sponsored by Team MANA and endorsed by the Michigan Governor's Council on Physical Fitness, Health, and Sports. $35 ($25 before Apr. 1). Call Megan at 485-8725; RideForRecovery@dawnfarm.org or dawnfarm.org/event/dawn-farm-7th-annual-ride-for-recovery.

> *Walk as if you are kissing the earth with your feet.*
> —Thich Nhat Hanh

Crazy Wisdom Poetry Series in the Tearoom

Hosted by Joe Kelty and Ed Morin

Second and Fourth Wednesday of each month, 7-9 p.m.

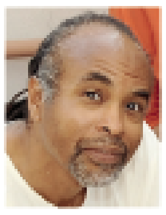
Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign up begins at 6:00 p.m.

Crazy Wisdom Poetry Series Featured readers

Jan. 27 - John F. Buckley has published the poetry collection *Sky Sandwiches* and chapbooks *Breach Birth* and *Leading an Aquamarine Shoat by Its Tail*. He collaborated with Martin Ott on two other poetry books. His poems appear in *The Carolina Quarterly*, *Narrative*, and *ZYZZYVA*. He has an MFA in creative writing from U.of Michigan.

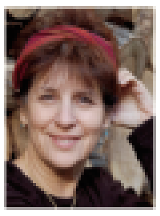
also appearing



Jan. 27 - Kim D. Hunter works for social justice groups and in Detroit schools through InsideOut Literary Arts. His poems are in *What I Say, Rainbow Darkness*, and *Abandon Automobile*. His books are *borne on slow knives* and *edge of the time zone*. His short fiction, *The Official Report on Human Activity*, earned a Kresge Literary Arts Fellowship.

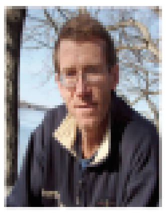
Feb. 24 - Scott Beal is the author of *Wait 'Til You Have Real Problems* (Dzanc, 2014). His poems have appeared in *Rattle, Prairie Schooner, Beloit Poetry Journal*, and other journals, as well as the 2014 Pushcart anthology. He teaches writing at the University of Michigan and poetry at Ann Arbor Open School.

also appearing



Feb. 24 - Joy Gaines-Friedler has had poems published in over 50 national and international literary journals. A Pushcart nominee, she has received many awards, including The Litchfield Review Poetry Prize. Author of two full-length collections, *Like Vapor* and *Dutiful Heart*, Joy teaches creative writing for non-profits in the Detroit area and throughout Michigan.

Mar. 23 - Diane Wakoski won the Poetry Society of America's William Carlos Williams prize with her selected poems, *Emerald Ice*. Most recent of her more than 20 poetry collections is *Bay of Angels* (Anhinga Press, 2013). Now retired, Wakoski was Poet In Residence and University Distinguished Professor at Michigan State University, 1975-2012.



Apr. 27 - John Rybicki has had stories, poems, and essays in *Poetry, Ploughshares, American Poetry Review, Ecotone*, and in *The Best American Poetry* and *Pushcart Prize* anthologies. His latest book of poems is *When All the World is Old*. He teaches poetry writing in Detroit High Schools through the InsideOut Literary Arts Project.

The Poetry Series is open to all.
There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor - 734.665.2757
crazywisdom.net - cwpoetrycircle.tumblr.com

The Crazy Wisdom Calendar

Atmaram Chaitanya (right) and **Kashi Walters** (left) are co-directors of Kashi Nivas: Shiva Meditation Center, in Ann Arbor. Kashi Nivas is a gathering place for the practice of meditation and other events that include yoga, chanting, study groups, and programs that support a spiritual lifestyle, interfaith dialogue, and community service. For more information about Kashi Nivas, visit www.kashinivas.org.

Healing

Training to Learn to Perform with Karen Greenberg • Jan. 8-11, 22-25, Feb. 19-22, 26-29, or Mar. 4-7. 10 a.m.-10 p.m. • Participants first learn to identify and repattern a client's limiting beliefs, thoughts, and patterns, and then assist them in expressing any commensurate low vibrational emotions through the tree of life. Techniques will include art, movement, music, toning, sound, aromatherapy, gemstones, and more. $777 (plus materials fee). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Transformational Healing Retreat with Self Realization Meditation Healing Centre • Mar. 4-6 • This retreat includes a private appointment to receive natural spiritual healing and learn a healing breath; group transformation hatha yoga class for all levels and abilities; time for group and individual meditation; free time for rest, reading, contemplation, and walks. $240 (includes shared room accommodation and all meals. Bursary and private rooms available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Healing Night with Lighthouse Center • Third Thursdays, 7:30-9 p.m. • Meditation 7:30-8 p.m., followed by Reiki healing, provided by Reiki healers. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Herbs, Plants, and the Garden

Introduction to the Bach Flower Remedies Level One, Bach International Education Program with Carol Bennington • Apr. 16-17 • This two-day interactive workshop is the first level to become a Bach Foundation Registered Practitioner. Approved by the Bach Centre, UK, the workshop focuses on learning each of the flower remedies, applications, the philosophy of self-help and simplicity of this system, and more. NCBTMB and NC-CAOM CEUs available. See website for costs and details. Call Carol 726-4303; journey@Awakening-Hearts.com or Awakening-Hearts.com.

January Blahs and Winter Blues: Spring Forward with Flower Remedies with Carol Bennington • Jan. 28, 7-8 p.m. in the Crazy Wisdom Community Room • Discover ways Bach flower remedies may offer support for winter and personal challenges. Learn how flower remedies and essences can assist in harmonizing emotions. This workshop will include opportunities for questions and a drawing for a free personal consultation. Free. Call Carol 726-4303; journey@Awakening-Hearts.com or Awakening-Hearts.com.

Wait! Wait! Before Pulling the Weeds, Learn Which Ones are Edible and Healing with Nia-Avelina Aguirre • Apr. 16, May 14; 10 a.m.-12 p.m. • This workshop will help participants learn which plants and wildflowers are edible and healing, as many are packed with nutrients that may make common produce items look rather anemic. $25. Call 883-7513; niaaguirre.nd@gmail.com.

Backyard Chickens with Michigan Folk School • Mar. 9, 6-8 p.m. • Ann Arbor and Ypsilanti both have local ordinances that allow residents to add raising chickens for eggs to their "urban farming" pursuits. This course is designed to provide the basic information necessary for raising backyard city chickens for fun and egg production. Topics will include local ordinances; providing food, shelter, and water; protection from predators; and egg collection. $39. Call 985-0198; registrar@mifolkschool.com or mifolkschool.com.

Spring Foraging with Ypsilanti District Library • Apr. 28, 6:30 p.m. • Participants will get their hands dirty foraging for the early-growing medical herbs in Ypsilanti's Water Street Commons. Wear comfortable shoes and long sleeves for walking to the site from the library. Free. Call Ben at 482-4110; bmiller@ypsilibrary.org or ypsilibrary.org/events.

Holistic Health

Global Access Bars Day: Free BARS Session with BodyWorks Healing Center • Enjoy a free 20-minute Access BARS session. BARS is a system of releasing old beliefs that may be controlling your life. This system is designed to free participants from the prison of the mind and access unlimited potential. Free (upgrade to an hour for $49.95). Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Feb. 7, 10 a.m.-9 p.m. • This workshop presents 37 tools and techniques to help participants change from a lower to a higher vibration, and to sustain it. Techniques presented include sacred letters and oils, affirmations, visualization, meditation, prayers, gratitude, breathing, drumming, movement, music, holy geometry, and more. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Healthy Shopping Tips with Shannon Roznay • Feb. 24, 7 p.m. • This lecture will help participants navigate the grocery store to learn shopping tips and where to find the better quality foods and healthier options. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Memory and Brain Health with Shannon Roznay • Mar. 7, 7 p.m. • This lecture will help participants learn about nutritional tools and tips to keep the brain healthy and prevent future memory loss. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Win the Sugar War with Shannon Roznay • Mar. 23, 7 p.m. • Participants will learn how to reduce sugar cravings and win the war on sugar, which may be the most important health decision one can make. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Natural Allergy Relief with Shannon Roznay • Apr. 6, 7 p.m. • Seasonal allergies can be improved with proper nutrition and supplements. This workshop will provide tips for using natural products to avoid spending money on pharmaceuticals. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Digestive Health with Shannon Roznay • Apr. 18, 7 p.m. • This lecture will explore how symptoms like acid reflux, constipation, and diarrhea can all be symptoms of digestive track problems and will present the basics of getting and keeping digestion on track. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Stress and Fatigue with Shannon Roznay • Feb. 8, 7 p.m. • Participants will learn how the busy pace of life can wreak havoc on health and cause anxiety, mood swings, and lack of energy, as well as how the right nutrition can improve these problems naturally. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Anxiety and Depression with Shannon Roznay and David Jantz • Jan. 12, 7:15 p.m. • This lecture presents alternative solutions to handling anxiety and depression in self and others in order to lead a healthier and happier life. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Being in Harmony: Enrich Your Life with the Creative Healing Power of Sound with Laurel Emrys •Apr. 3, 2:30-4:30 p.m. • This workshop will present self-tuning/self-care techniques including overtone singing to expand bliss and ignite brainwave harmony for enhanced wellness. No prior musical or healing knowledge is necessary. Donations welcome. Call 761-7699; info@LaurelEmrys.com or BeingInHarmony.us.

Core, Mobility, and Fitness in a Busy World with Steve Simmons • Jan. 19, 6 p.m. • This workshop presents ways to stretch, roll, and work the core using foam rollers and body weight. It is designed for people who are short on time or who want to add some new and safe moves to their workout. $15. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Enjoying Abundant Health with Ayurveda with Vaidya Raj • Jan. 30, Feb. 27, Mar. 26, Apr. 30; 6-8 p.m. • This workshop will present information on doshas and reveal specific dietary changes designed to improve health and well-being. Participants will learn how simple herbs and acupressure points can influence well-being. $55. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Jan. 12, Feb. 16, Mar. 26, Apr. 29, 6-8 p.m. • This workshop introduces the eight silken movements of Pal Dan Gum Qigong that have been used for thousands of years to promote health and cure disease. Participants will engage in moving meditation where the body learns to move in a mindful and graceful way that releases stress and reenergizes the body. $40 (after training is complete, attend a one-hour practice session for $20). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Access Bars with Dave Krajovic •Feb. 21, 9 a.m.-4 p.m. • This workshop presents a system of releasing old beliefs through 32 points on the head that can free participants and help them tap into unlimited potential. $300 ($150 for repeaters). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Homeopathy

Introduction to Homeopathic Home Care with Castle Remedies' Mary Tillinghast • Choose a Wednesday, 6:30-8:30 p.m. (Jan. 20, Feb. 10, Mar. 23, Apr. 20) or Saturday, 2-4 p.m., Jan. 9, Feb. 20, Mar. 12, Apr. 2) • This class touches briefly on the theory behind homeopathic prescribing, but the main focus will be on putting this knowledge into practice for selves and loved ones by learning how to choose remedies and give them. $70. Call 973-8990; mary@castleremedies.com or castleremedies.com

Intuitive and Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler in the Crazy Wisdom Tearoom • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. She can help with exploration of dreams recalled from sleep or waking dream-states. $1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox in the Crazy Wisdom Tearoom • First and Third Sundays, 3-6 p.m. • $1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

Drop-In Intuitive and Angel Readings with Marybeth Rombach Nelson in the Crazy Wisdom Tearoom • First and Third Fridays, 6:30-9:30 p.m. • $1.50 per minute. No appointment necessary. Call 560-0355; Marybeth@spiritualintuitivemb.com or spiritualintuitivemb.com.

> *If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.*
>
> —PEMA CHODRON

Explore Your Intuition Workshop with Amy Garber • Jan. 26, 6:30-9 p.m. and Jan. 30, 1-3:30 p.m. • Everyone has intuition or "sixth sense" that helps them make decisions, avoid pitfalls, generate ideas, and solve problems. This course will help participants realize when they are accessing intuition as it comes to them and how to enhance their connection to this "inner GPS." $25. Call 358-0218; metafizzy@gmail.com or metafizz.org.

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How To Use a Pendulum Workshop for Beginners with Anne Duffy • Jan. 24, 5:30-7:30 p.m. • This workshop will cover attunement, grounding, calibration, and utilization of the pendulum, as well as correct wording of questions and solutions to life's questions. $40. Preregister with Christy at 663-2628; christy@princessdesignsjewelry.com or princessdesignsjewelry.com.

Become a Medical Intuitive: Weekend Workshop with Tina Zion • Mar. 4-6 • This hands-on weekend workshop will provide participants with techniques needed to learn to get intuitive health information for clients and loved ones and learn to feel-sense-see the entire person on all levels. $299. Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Advanced Healing Techniques for the Medical Intuitive with Tina Zion • Mar. 7, 9 a.m.-5 p.m. • Building on the Mar. 4-6 Medical Intuitive Workshop, this class focuses on what to do with the medical intuition one receives. Learn with practice sessions how to get intuitive information on the five common causes of an illness/injury and specific healing techniques based on the individual. $100. Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Intuitives Interactive with Amy Garber • Jan. 3, 17, Feb. 7, 21, Mar. 6, 20, Apr. 3, 17, 2:30-5 p.m. • This group is designed for intuitives, indigos, empaths, and seekers wishing to explore metaphysical topics with like-minded individuals. The sessions will include exercises, demonstrations, sharing, and social time. Donation requested. Call 358-0218; metafizzy@gmail.com or intuitivesinteractive.com.

Living an Intuitive Spiritual Life with Eve Wilson • Six Tuesdays, Mar. 22-Apr. 26, 7:30-9:30 p.m. • This seminar will focus on telepathy, relationships, new world finances, spiritual protection, intuition, clearing home, health, ascension, healing food and water, co-creating with a higher power, and other topics. $300 for series ($280/paid in advance). Call Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander • Jan. 3, Feb. 7, Mar. 6, Apr. 3; 10 a.m.-12 p.m. • The development of sustained focus meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. $15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Seven Planes of Consciousness Practice Session with John Friedlander • Jan. 20, Feb. 17, Mar. 16, Apr. 20, 8-9 p.m. • This workshop is a continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the theosophical literature of the early 1900s. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

"The Old Moon Holds the New Moon Within" ~

An Interview with Educator Carol Tice

By Karen Jones • Photo by Joni Strickfaden

In 1971, the results of desegregation in the Ann Arbor Public Schools moved and stirred the soul of forty-year-old art teacher Carol Tice. Carol keenly observed the African American children coming from Jones Elementary School, and as she did, recognized that these newly bused in children would need a great deal of support. The desire to help them filled her thoughts and weighted her heart, yet she felt limited in her role as a teacher. She found herself wishing that her retired parents, who lived out of state, would come, nourish, and share their unconditional love and guidance with these children, just as they had with her when she was a child.

Carol began thinking about the displaced elderly living in nursing homes. Elders who had spent an entire lifetime learning to do the things that they were best at were now put on a shelf. She found herself inquiring at the Whitehall Nursing Center to see if they would bus a group of elderly persons to her art class. They would and they did. Somehow Carol knew it would turn out all right. Carol instructed the elderly to bring with them only what they loved to do. There was to be no tutoring and no assignments for the children. Carol knew benefits would be bestowed to all the children.

Elders who had spent an entire lifetime learning to do the things that they were best at were now put on a shelf.

One elderly woman demonstrated the carding of wool while she spoke tenderly of raising sheep, sharing with the children the gifts the woolly animal imparts to all of us. A Native American elder brought forth from his culture the making of arrowheads. Some of the elders slept in wheelchairs, some drooled, but the children did not mind. Instead the children would compliment the grandpersons by telling them how soft their skin was and hugged them when they had to leave. Carol noticed elders who began arriving to class with combed hair and clean clothes. She noticed the children's essence was changing, too, as a sense of common humanity began to bind the young and the old together in a most miraculous way.

During the inception of her volunteer program, called Teaching-Learning Communities (T-LC), Carol reached out to Dr. Margaret Mead, a famous anthropologist, for guidance. Dr. Mead immediately recognized the magnitude of the greater good of Carol's work and shared its importance at speaking engagements across America. Dr. Mead would sometimes speak metaphorically about Carol's work to her audience by saying: *"The old moon holds the new moon within."* Both Dr. Mead and Carol believed that the light of our elders embraces and shines wisdom on our young, in the infancy of their emotional, intellectual, and spiritual growth.

Providence began to move. Carol's intergenerational model spread into Ann Arbor's 22 schools. This success led to Carol's being appointed by President Jimmy Carter in 1979 to serve on the U.S. Commission of the International Year of the Child. This honorary appointment assisted in spreading the intergenerational programs across our fifty states.

Two years ago the University of Michigan's Bentley Historical Library on North Campus, which archives and documents the activities of people and voluntary associations in the State of Michigan, requested papers on Carol Tice and T-LC. There are ten boxes archived and shelved just waiting to be resurrected. The library also made materials available for download online, such as her interview with Dr. Mead when she visited Ann Arbor in 1976.

Today I sit across from Carol in her living room. She is 83 now. She has a round cherub face. The iris of her eyes is pristine blue like a brand new morning sky. Her eyes reflect the clarity she carries within. She is dressed in a pretty turquoise blouse and wears turquoise rings in honor of our Native American people whom she loves. I have a million questions to ask her but I have to settle for the following.

"Carol, did you ever run into problems with the Ann Arbor School District with your planning?"

"Oh yes, I applied for a grant from the State of Michigan for $100,000 for my T-LC program and got it. The school district wanted to fire me because grant writing was an administrative duty not a teacher's duty."

Carol chuckles, "The Native Americans got word of it and staged a sit-in on the steps of the school district's building. The Native Americans loved what I was doing with the children. Then the union got involved and thought it would make good press. Needless to say I did not get fired!"

"I didn't color between the lines. I always colored outside the lines and I was very messy."

"Our young children are developing their worldview in schools today that are in lock down, trust is low, schools do not want people coming in from the outside." Carol interrupts me and passionately says, "Even more reason to bring back T-LC. It is more necessary now than ever before."

"What about pedophiles? How did you safeguard against those types of predators with the children?"

"We had middle-aged women as aides who oversaw the groups and were trained to intervene."

"When you reflect back on the groups, do you have a favorite memory between the children and the elderly that surfaces over and over again?"

"We had an elderly paraplegic man volunteering who had no family. When he died the retirement center went through the trunk at the end of his bed. On one side of the trunk were his clothes. On the other side were the pictures and letters the children had given him."

"When did T-LC dissolve?"

"Two years after I retired. A new superintendent came in and, well, superintendents change things."

"I would like to know more about what made you who you are. What is one of your fondest early childhood memories?"

"My family was on a mission endeavor from the Presbyterian Church. My father was an astronomer and the principal at the school for Native American children. My mom was an artist. At that time, I was three. The Native American mothers would walk through my yard to get their children from school and see that I had no one to play with. I was just sitting playing in the dirt, so they began to bring me clay pots that they had made. I still have some of them. My father left that job because he would not follow the Church's instructions to punish the children if they spoke their native language."

"What do you remember about yourself when you began to attend school?" Carol chuckles, "I didn't color between the lines. I always colored outside the lines and I was very messy. I shared a room with my sister and she made us draw an imaginary line down the middle. Her side was neat and tidy. Mine was a total mess, but I knew where everything was. Later I learned to color between the lines. And even later, when I colored between the lines, the lines were my lines."

"Would your family make you clean your room? Abide by the rules of neat, tidy, and orderly?"

"No, never, my mom accepted my differences."

"How do you like to spend your time now that you are retired?"

"I am involved with Peace Neighborhood, which has programs for children and families affected by social and economic challenges. I volunteer teaching art to the children there. It is important for me to continue the work I did through the public school system bringing the young and old together. My early work with T-LC set me on a lifelong learning quest to find what we can do to help little children. Then later I tried to find ways to help teenagers, who in some ways are more difficult."

> "With positive reinforcement the visual arts within a child can spring forth on paper."

"What was the work you did with teenagers?"

"I co-invented Peer Power Project with an African American social worker who had grown up in the African community, for a Chicago middle school. We worked with teenage girls whose mothers or sisters were 14 when they became pregnant. We worked with prevention. There was not a single pregnancy for three years. The girls I worked with would be seen drawing blood in gang fights at noon, then dramatically change and turn into children their own age when the elders from the community center were brought in. The girls were gentle with the frail elderly and kind, very kind.

I also am involved with Blue Lake Fine Arts camp. I started a philosophy there that was not academic but more student-centered. I teach visual arts to the children. Each child discovers that visual art resides within them. With positive reinforcement the visual arts within a child can spring forth on paper."

Emphatically Carol says, "The right side of the brain must be developed for creative problem solving. I cannot stress enough the importance of right brain development, using art with children. Even music does not affect the right side of the brain the same way as art does because the left brain is more involved with music."

> "I am now the old moon. I used to be the new moon absorbing the wonderful mentoring and receiving positive affirmations from the old moons close to me."

"Is there anything else would you like us to know?"

"Yes, there is. I have healers in my life right now to help my body feel better because I have a lot more I want to do. I am now the old moon. I used to be the new moon absorbing the wonderful mentoring and receiving positive affirmations from the old moons close to me."

Carol smiles, "Now I am both the old moon carrying my younger new moon within."

Interviewer Karen Jones is an occupational therapist, writer, and keen observer and lover of the holiness of nature. She has a strong admiration for powerful women enacting social change. Her email address is joneskg05@yahoo.com. Carol Tice can be contacted at chtice@aol.com.

"The old moon holds the new moon within."

The Crazy Wisdom Calendar

Intuitive and Psychic Development (continued)

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Jan. 26, Feb. 23, Mar. 22, Apr. 26, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc or psychicpsychology.org.

Spring Intensive 2016 with John Friedlander • Apr. 20-21 • Unlike other classes, this intensive delves into newer meditative areas and explores topics outside of the core curriculum. Participants can expect powerful healings and to grow in skill in making useful, everyday, life-oriented transformations. Available as a teleconference. Prerequisite: Foundations Level I class or CD class, or instructor permission. $275. Contact Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc or psychicpsychology.org.

Weekend Seminar Exploring Core Techniques and Advanced Material with John Friedlander • Feb. 20-21 • This workshop continues to develop comfort with advanced material and core techniques seeking a natural sense of skills in a practical everyday life. Available as a teleconference. Prerequisite: Foundations Level I class or CD class, or instructor permission. $275. Contact Gilbert at gchoud@yahoo.com or psychicpsychology.org.

Kabbalah

Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Jan. 28, Feb. 25, Mar. 24, Apr. 28; 7-10 p.m. (Future dates TBA) • This year-long course is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy resisting things like exercise, meditation, and eating healthily, participants will learn to use that liberated energy for creating, which may link people to the creator. $120-$150; call for details. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Jan. 17, 3-5 p.m. (Future dates TBA)• This program is for couples in basically good relationships in which both parties are willing to work to make their relationship even better physically, emotionally, mentally, financially, spiritually, and energetically. The monthly two-hour format enables couples to get more work done in a shorter amount of time. $205. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Apr. 24, 3-7 p.m. • This workshop helps participants identify and enhance an ideal mate's qualities and presents how to use techniques such as ceremony, meditation, movement, fragrances, elixirs, herbs, metals, colors, altars, and more. Participants learn to work through blockages in order to trust divine order and timing. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Sacred Sexuality and Tantra Weekend Playshop for Couples with Leslie Blackburn • Feb. 20-21 • Couples will build a foundation to open a safe space by covering communication tools, body awareness, and tools for emotional processing that will support creating a beautiful container together. Participants will learn about the body, experiment with what feels safe and good, explore opening and healing in a safe space, and connect deeply to feel with one's partner. $500/couple ($250/person). ($450 with registration by Jan. 20). Call 313-269-6719; Dakini@MysterySchooloftheTempleArts.com or MysterySchooloftheTempleArts.com.

Meditation

Seals of Solomon Activation Part One with Karlta Zarley • Feb. 27, 9 a.m.-1 p.m. • Participants will learn about the 26 seals of Solomon that are said to contain the wisdom gained in previous lifetimes in various cultures and times to move towards the light body by healing the DNA of trauma and toward a unichakra. This workshop covers the first five seals: Egyptian, Mayan, Mu, Atlantean, and Druid. $100 (register by Feb. 20). Call 761-5908; kzarley88@gmail.com or karltazarley.com.

Seals of Solomon Activation Part Two with Karlta Zarley • Apr. 30, 9 a.m.-1 p.m. • This second installment activating the 26 seals of Solomon continues to move participants towards the light body and ascension and covers ancient African, Incan, ancient Hebrew, Lemurian, and early Native American lifetimes. $100 (register by Apr. 23). Call 761-5908; kzarley88@gmail.com or karltazarley.com.

Mudras, Mantras, and Meditation with Nia-Avelina Aguirre • Session One: Tuesdays, Jan. 19-Feb. 16; Session Two: Tuesdays, Mar. 8-Apr. 5; 6:30-7:30 p.m. • This calming, relaxing, and meditative class will utilize powerful hand positions and positive sounds for creating greater balance in life. $75. Call 883-7513; niaaguirre.nd@gmail.com.

Open Mindfulness Meditation Practice with Antonio Sieira • Jan. 5, 7, 21, 26, Feb. 2, 25, Mar. 3, 22, Apr. 5, 14, 19; 6-7:30 p.m. • Mindfulness meditation including Tibetan Singing Bowl meditation, Metta meditation, followed by discussion of philosophy, science, and spiritual basis of meditation. Guidance is provided with respect to body posture and position to accelerate the benefits of group meditation. $15 (Six sessions/$60). Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Crazy Wisdom Calendar

Meditation (continued)

The Mindfulness Meditation System (MSS) with Antonio Sieira • Mar. 8-9, 6-8 p.m. • The MSS is a system of breathing, flexibility, and mental focus/concentration practices designed to create a total mind-body meditative experience. These techniques help get started with or improve meditation. $60. Call Pat at 416-5200; relax@bodyworkshealing-center.com or BodyWorksHealingCenter.com.

Mastering Meditation Part I with Kapila Castoldi • Feb. 6, 13, 20; 1-3 p.m. in the Crazy Wisdom Community Room • This introductory meditation series includes topics such as concentration, breathing, chanting, visualization, exploring a meditative lifestyle, and self-awareness through meditation. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mastering Meditation Part II with Kapila Castoldi • Mar. 12, 19, 26; 1-3 p.m. in the Crazy Wisdom Community Room • This series, designed to follow the February series, will proceed to explore a meditative lifestyle, achieving self-awareness through meditation, bringing meditation to the outer world, and basics of Eastern philosophy using visualization, meditation on positive qualities, meditative music, and singing. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Group Spiritual Meditation Meetup with Austin Szelkowski • Jan. 4, 18, Feb. 1, 15, 29, Mar. 14, 7:15-8:30 p.m. in the Crazy Wisdom Community Room • This group is suitable for all those seeking guidance through a big life transition or awakening the divine energies and purpose within via group meditation and healing. Free. Call 408-1611; austin@a2-sm.com or a2-sm.com.

Ypsilanti Open Meditation with Ypsilanti District Library • Fridays, Jan. 8-Apr. 29, 11 a.m. • Research has shown the many beneficial effects of mindfulness-based meditation practice on overall health and well-being. Meditation encourages and develops concentration, clarity, emotional optimism, and positive ways of being. These sessions are guided weekly drop-ins. Free. Call 482-4110; skonen@ypsilibrary.org or ypsilibrary.org/events.

Myriad of Meditations with Karen Greenberg • Mar. 13, 10 a.m.-10 p.m. • Meditation is an essential component to spiritual evolution. Participants will learn a myriad of meditation techniques such as meditations with fire, water, air, earth, the Four Worlds, different breathing, with holy geometry, letters, powerful archetypes, and more to discover which resonate for them. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Siddya Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7 p.m. • Each satsang consists of a reading, video, or audio teaching followed by chanting and meditation. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Mindfulness-Based Stress Reduction with Libby Robinson • Mondays, Feb. 15-Apr. 11, 7-9 p.m. (free introduction Feb. 15); or Wednesdays, Feb. 17-Apr. 13, 7-9 p.m. (free introduction Feb. 17) • An accessible and secular mindfulness meditation class developed by Jon Kabat-Zinn and colleagues at U-Mass Medical School, this class fosters gentle, non-judgmental awareness of the present moment. Significant research documents MBSR's beneficial effects on stress, pain, depression, and ordinary human suffering. $385 (sliding scale for low income or multiple registrations; includes recordings of guided meditations, handouts, and one-day retreat). Call 476-3070; libbyrobinson7@gmail.com.

Ann Arbor Open Meditation • Thursdays, 7:30-8:30 p.m. • Drop-in mindfulness meditation led by many of Ann Arbor's meditation leaders. All levels of experience are welcome for secular meditations, which will mostly focus on mindfulness, though they may include concentration and loving kindness practice. Format is two 20-minute sessions, with the first one always guided and opportunities for questions and discussion in between. Donation requested but optional. Call Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Living From an Open Heart: Vipassana, Dharma, and Mediumship with Barbara Brodsky, Dan Muir, and Aaron • Nine Tuesdays, beginning Jan. 5. Meditation Instruction, 5:45-6:45 p.m.; Class, 7-9 p.m. • This series is based on the idea that all people are mediums, just as earth is a medium for a growing plant. Vipassana meditation is used as a foundation for nourishing what we chose to grow there. $225. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Introductory and Ongoing Meditation Instruction with Dorothy Anne Coyne • Jan. 16, Feb. 13, Mar. 26, Apr. 16, 1-4 p.m. • An introduction and ongoing instruction to insight/mindful meditation with no experience needed; all levels welcome. Wear comfortable clothes. Cushions and chairs provided. $30/class. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Tuesday Morning Group Meditation • Tuesdays, 6:30 a.m.-7:15 a.m. • Sitting meditation to start the day with no instruction. Please enter and depart in silence. Donations welcome. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Sunday Morning Group Meditation • Sundays, sitting meditation, 10-11 a.m.; mindful sharing, 11-11:30 a.m. • Sitting meditation to start the day with no instruction. Please enter and depart in silence. No experience necessary. Donations welcome. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Pure Meditation Foundation Class for Adults with Self Realization Meditation Healing Centre • Jan. 18, Mar. 19; 3 p.m. • This event is designed to help participants find inner peace in only a few minutes of practice each day. The workshop, of value in all walks of life, includes a book and follow-up appointment. $60 (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Pure Meditation Foundation Class Four Evenings or Mornings with Self Realization Meditation Healing Centre • Evenings, Jan. 6, 13, 20, 27; or Apr. 4, 11, 18, 25; 7 p.m. or mornings, Jan. 2, 9, 16, 23; 9:30 a.m. • This series is designed to help participants conquer stress, improve concentration, find inner peace, and establish a meditation practice for life. The series includes a book and follow-up appointment. See website for details. $80 (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Group of Forty Monthly Potluck and Meditation with Karlta Zarley • First Saturdays, Jan. 2, Feb. 6, Mar. 5, Apr. 2, 6:30-9:30 p.m. • Participants can join energies with the international community of Group of Forty to learn to raise and focus frequencies in service to healing the earth and ourselves. Channeled information will also be received by David K. Miller. No experience is necessary. Free. Call 834-1566; kzarley88@gmail.com or karltazarley.com.

> *I do not at all understand the mystery of grace —*
> *only that it meets us where we are*
> *but it does not leave us where it found us.*
> —Anne Lamott

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Photographers Wanted

To take pictures for *The Crazy Wisdom Community Journal*. Moderate pay, wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodymind therapists, yoga teachers, professors, holistic and spiritual types, and other fringe elements!

For more information, contact Bill Zirinsky at bill@crazywisdom.net

Therapeutic Meditation Workshop with Ema Stefanova • Jan. 24, 31, Feb. 7, 14, 4:15-6:15 p.m. • This four-part experiential workshop will teach time-tested techniques relevant to all those who wish to achieve excellent health, and alleviate, manage, and even cure many types of diseases through physical and mental relaxation which few experience even in sleep. See website for costs. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Mantra Meditation Two-Day Seminar with Ema Stefanova • Jan. 23-24 • Beginner through experienced students are welcome at this workshop to learn and practice various types of mantra and mantra sadhana. Yoga Alliance teachers can earn up to five CEUs. See website for times, costs, and to preregister for limited spots. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Meditation Sessions with Jewel Heart Instructors • Sundays, Jan. 3-Apr. 24, 8:30-9:30 a.m. (no class Jan. 17) • Facilitators will provide basic guidance to all levels of experience with multiple concentration meditation sessions using the breath as the point of focus. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, Jan. 3-Apr. 24, 9:45-10:45 a.m. (no class Jan. 17) • These sessions involve guided meditation to overcome physical, mental, and emotional suffering, and honoring Tara, the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is associated with healing and long life. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

May we exist like the lotus
at ease in the muddy water
ZEN PROVERB

Open Sanctuary and Prayer House with Webster United Church of Christ • Second and Fourth Fridays, 7-8 p.m. • The church sanctuary will be open for meditation and personal prayer. All are welcome to come and go any time during the hour, being respectful of others who are praying. Free. Call 426-5115; websteroffice@gmail.com or websterchurch.org.

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays, 5-6:15 p.m. (6-7:15 p.m. after daylight savings time begins) • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing available. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and third Fridays, Gather at 7 p.m.; Chanting, 7:30-10:15 p.m. • Chanting and prayer, followed by meditating 20 minutes on each of the seven chakra energy centers. May enter and leave meditation room at any time. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • Jan. 16, Feb. 13, Mar. 12, Apr. 9, 4-6:30 p.m. • Participants will learn how all meditations are good and how thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. $35 ($25/students, $15 to repeat). Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Chakra Meditation Class with Nirmala Hanke • Eight Wednesdays, Mar. 2-Apr. 13, 7:30-9:30 p.m. • Introduction to the seven chakra energy centers with empowerment of the mantra at each chakra. Prerequisite: two months mantra meditation. $85 ($75 pledging Lighthouse member). Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Introductory Meditation Zen Course with Zen Buddhist Temple • Five Thursdays beginning Jan. 14, Mar. 3, and Apr. 21; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. $160 ($120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Overnight Introductory Meditation Course with Zen Buddhist Temple • Mar. 18-19 • Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. $160 ($120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Pure Meditation Course including Raja-Kriya Yoga • Feb. 5-7, or Feb. 12-15 • This course is intended to help participants find and live their true spiritual selves through finding the God-Within. Course practices will help participants master the mind and energies in today's challenging world. $765 (includes shared room and all meals; bursary and private rooms available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Guided Full Moon Meditation with Dave Krajovic • Jan. 23, Feb. 22, Mar. 22, Apr. 21, 9-9:30 p.m. • This group meditation is designed to use the energy of praise to rise above the dense energies of pain, suffering, and drama that are part of life and into the space of soul awakening. Free. Call 416-5200 for information about accessing the meditation via the web; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

One-Day Meditation Retreat with the Michigan Friends Center • Feb. 28 • The day includes meditation instruction, sitting and walking meditation, a talk, and time for questions. This day is appropriate for anyone interested in meditation; beginners have morning break-out instruction; experienced students can be in silence all day; those in between can practice and have their questions answered. This retreat is a fundraiser for the Michigan Friends Center and Deep Spring Center. Suggested donation of $30; pre-registration required. Call Carol at 475-0942; cb.meditate@gmail.com or ChelseaMeditation.com.

Inspiring Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • All faiths and meditation practices are welcome to listen to one of Mata Yogananda Mahasaya Dharmaji's recorded talks followed by pure meditation and silent prayer with winged prayer for all in need at 9 p.m. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Movement and Dance

Kirtan Dance: Immersion in Ecstatic Music and Dance with Madhavi Mai • Jan. 10, Feb. 14, Mar. 13, Apr. 10, 1:30-3 p.m. • Kirtan Dance combines the healing vibrational practices of devotional singing and dance. Sessions start with a chant and then move to dance using simple movements that combine yoga, bharatanatyam mudras, and folk and Bollywood dance styles. $15/class ($50/four classes). Call 330-3051; madhavimai@gmail.com or sadhanadancetheater.com.

A Weekend Immersion with Dance Meditation Technique with Michael Peters • Jan. 8-10 • This weekend-long dance meditation technique will include a computer/cell phone fast; all-you-can-eat nutrient loading; rest loading; tension unloading; coffee and tea; discussion of judgement and discernment; and exploration of spirituality, creativity, and healing through dance meditation. $250. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org.

Dances of Universal Peace with Judy Lee Trautman • Feb. 5, Mar. 4, Apr. 1, 7-9 p.m. • Dances of universal peace were originated in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances are a form of moving meditation that require neither partner nor experience. $5. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org/.

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Last year, over 60 different spiritual, holistic, and psychological growth *organizations and individuals* used the **Crazy Wisdom Email List** to reach our over 4,500 self-selected subscribers.

If you want to know what's going on in the wider body, mind and spirit community in the Ann Arbor region, ***sign up to get on our Email List.*** Yes, it's true, you will get some emails from Crazy Wisdom about store events and happenings, but more importantly, you will be receiving emails, through us, from many organizations and centers and groups that sponsor the kinds of events, classes and programs that ***you care about.***

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The Crazy Wisdom Calendar

Music, Sound, and Voice

Integrative Breathwork with Linda Adamcz • Jan. 29, Feb. 26, Mar. 18, Apr. 22, 7-9 p.m. • This workshop is a musical meditation for insight, emotional healing, creativity, and renewal that can assist with life changes, finding meaning and purpose, grief/loss, job stress/burnout, depression, trauma, abuse, PTSD, and addictions. $30. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

An Evening of Poetry Set To Music with Laz Slomvits • Apr. 20, 7 p.m. • This evening will feature the translated spiritual poems of Sufi mystics Rumi and Hafiz, and the spiritual lyrics of Emily Dickinson, Robert Frost, and Naomi Shihab Nye set to music. Donations welcome. To reserve a spot, rsvp by Apr. 17 with Karlta at 834-1566; kzarley88@gmail.com.

***Rise Again* Community Sing-along with Jeanne Mackey • Jan. 27, 7-8:30 p.m. at the Crazy Wisdom Community Room** • This community sing-along features songs complied by Peter Blood and Annie Patterson with lyrics to over 1200 songs from the Beatles to ballads, Bob Dylan to Broadway. The *Rise Again* song book is available for purchase at Crazy Wisdom. The workshop promises to shake off the winter blues with all levels of singing - shower singers welcome. Free. Call Rachel at 665-2757; rachel@crazywisdom.net or crazywisdom.net.

YDL Songwriting Group with Ypsilanti District Library • Jan. 20, Feb. 17, Mar. 16, Apr. 20, 7-8:30 p.m. • The YDL Songwriting Group is a group of songwriters who support each other in their craft. Members share songs and offer feedback for improving them. Space is limited and registration is required. Free. Call Jesse at 482-4110 x1385 to register; jmorgan@ypsilibrary.org or ypsilibrary.org/events.

Water Hill Music Fest • May 1, 2-6 p.m. • Water Hill Music Fest is a unique neighborhood experience in which neighbors share homemade music with passersby. Enjoy dozens of bands in all styles of music. The Water Hill neighborhood is bounded by Newport, Sunset, Miller, and Main. Free. Contact info@waterhill.org.

> *I felt in need of a great pilgrimage*
> *so I sat still for three days.*
> —Hafiz

Naturopathy

Natural Health for the Special Needs Child or Adult in Your Family with Nia-Avelina Aguirre • Jan. 25, Feb. 17, 10-11 a.m.; Mar. 14, 4-5 p.m. • These sessions provide an opportunity for parents and caregivers to ask questions and learn about the natural therapies that are available to the special needs loved one in their families. Free. Call 883-7513; niaaguirre.nd@gmail.com.

Head-to-Toe Gentle Cleansing Program with Nia-Avelina Aguirre • Jan. 21, Feb. 18, Mar. 16, 6:30-7:30 p.m. • These sessions are designed to provide new ways to remove environmental toxins from the body using tasty food combinations, water therapies, and more. $50/class includes handouts and take-home kits. Call 883-7513; niaaguirre.nd@gmail.com .

Numerology

Rise with the Vibrational Current of 2016 or Risk Getting Pulled Under with Gayle Fitzgerald • Jan. 26, 7-8:15 p.m. in the Crazy Wisdom Community Room • Discover pearls of wisdom to align with the higher flow of 2016 to help participants flourish and experience greater peace of mind. Participants will learn to understand and get ahead of the year's challenges. The workshop is designed for participants to receive divine light, assistance, and information to strengthen and prepare for the intensity of 2016. Call 327-8423; celestialvibrations@gmail.com or celestialvibrations.com.

Nutrition and Food Medicine

The Myth of Fasting with Linda Diane Feldt • Jan. 19, 7-8:30 p.m. • This workshop is designed to help participants learn how the body purifies and cleanses with simple support and nutrition. They will also learn why punitive cleanses and deprivation does not work, using solutions that are more effective, cheaper, and longer-lasting that encourage the wisdom of the body and a happy outlook. Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Seaweed and Mushrooms with Linda Diane Feldt • Feb. 16, 7-8:30 p.m. • These unusual foods are great for health, and the workshop will explore which to eat, where to get them, what makes them special, and how to enjoy them. Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Introduction to Homeopathic History and Theory with Linda Diane Feldt • Mar. 15, 7-8:30 p.m. • This workshop will present homeopathic history and theory, how it may work, its use in acute illness and accidents, and when to consult a professionally-trained homeopath. Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Herbs and Pain with Linda Diane Feldt • Apr. 19, 7-8:30 p.m. • This workshop explores what works and what doesn't work with herbal pain relief, as well as what cautions to attend to when using herbs with conventional medicines, and other non-pharmaceutical options for pain relief. Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Raw Foods Series with Ellen Livingston • Jan. 12, Feb. 23, Mar. 29, Apr. 26, 7-8:30 p.m. • Free. Call Outreach and Education Coordinator at the People's Food Co-op at 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.
Jan. 12 • The Sweet Truth about Your Sweet Tooth • Discover the really good news about fruit and why it is a real super food, how your sweet tooth is a good thing, and how to indulge it healthfully.
Feb. 23 • Detox the Safe and Healthy Way • Discover the safest and most effective way to "clean house" and start feeling lighter and better by naturally detoxifying the whole body.
Mar. 29 • The Secrets of Effective Weight Loss • Learn how to reach ideal weight and maintain it forever, safely and with an unrestricted amount of delicious and satiating food in order to lose unwanted and burdensome body fat the healthy way.
Apr. 26 • Simple 'N Healthy Raw Cuisine • Learn why delicious food does not have to be "gourmet" and discover a simple approach to diet that brings about health and vitality, naturally.

Building Blocks and Basics with Liza Baker • Jan. 17, 3-5 p.m. • This workshop teaches participants to flip their kitchens and create 21 meals a week from scratch. This class focuses on five basic recipes that can become the foundation of home cooking practice. $50/person ($75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

Stocks and Soups with Liza Baker • Feb. 21, 3-5 p.m. • This workshop teaches participants to flip their kitchens and create 21 meals a week from scratch, focusing on creating homemade stocks and soups from scratch. $50/person ($75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

Special Guest Chef with Liza Baker • Mar. 20, 3-5 p.m. • This surprise workshop hints that Thai food will be involved. Look for updates at is.gd/shcclasses2016. $50/person ($75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

What's in the Fridge? with Liza Baker • Apr. 17, 3-5 p.m. • This workshop teaches participants to flip their kitchens and create 21 meals a week from scratch, focusing on creating ways to flip leftover rice and other whole grains. $50/person ($75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

Cheesemaking Intensive with Michigan Folk School • Apr. 16 and 30; 10 a.m.-1 p.m. • This hands-on intensive class will cover everything needed to make simple cheeses in a home environment. From cultures, equipment, ingredients, and cheese making concepts, participants will learn and practice with everything needed to create cow and goat milk cheeses including yogurt, feta, ricotta, Brie, buttermilk, sour cream, chevre, mozzarella, and cultured butter. The process of making hard cheeses will also be discussed. $79. Call 985-0198; registrar@mifolkschool.com or mifolkschool.com.

Coffee: From Bean to Brew with Michigan Folk School • Feb. 10, 6-8 p.m. • This informal but informative class, taught at a local coffee roasting facility, covers the beginnings of coffee, how and where it is grown, the basics of green coffee, the art of roasting, and an introduction to the varieties of fresh brewing methods. Participants, who will participate in coffee tasting and evaluation, will learn the basic steps, chemistry, and external and internal changes that coffee beans undergo from bean to brew, and will take home a goodie bag. $45. Call 985-0198; registrar@mifolkschool.com or mifolkschool.com.

Way-Seekers' Kitchen Practice with Zen Buddhist Temple • Apr. 16, 23, 30, May 7, 9:30 a.m.-2 p.m. • An introduction to vegetarian cooking as a practice of attention taught by Tongsan Catherine Brown. The way-seeking mind finds wonders in the kitchen: garlic juice on the cutting board, the shimmer on the surface of hot oil, a good knife biting into an onion, sesame seeds dancing as the toast in the pan. Throughout, the guide will be Zen Master Dogen's *Instructions for the Cook* (available on class website). Call 761-6520; annarbor@zenbuddhisttemple.org.

Gluten-Free Baking for Everyone with Laura Andersen Rowe and Zen Buddhist Temple • Jan. 30, 10 a.m.-1 p.m. • The author of *Baking Pure and Simple* will teach participants to make their own gluten-free baking mix and explore substitutions in favorite recipes, as well as naturally gluten-free goodies like flourless chocolate cake, mousses, and more. Call 761-6520; annarbor@zenbuddhisttemple.org.

Nourish: Spring into Healthy Eating and Positive Energy with Liza Baker, Lucinda Kurtz, and Carole Caplan • Apr. 3, 10 a.m.-2 p.m. • This day will feature an opportunity to release old patterns that no longer serve through gentle yoga practice, lunch preparation and enjoyment, guided meditations, journaling, mindful eating exercises and more. $50. Call Liza at 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

Paganism

Witches' Night Out at Crazy Wisdom Tea Room • Jan. 12, Feb. 9, Mar. 8, Apr. 12 at 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.50 for a pot of tea with free refills. For more information, call Carol at 665-2757; info@crazywisdom.net or www.crazywisdom.net.

Parenting

Kabbalah for Indigos with Karen Greenberg • Jan. 20, Feb. 24, Mar. 23, Apr. 27 with future dates TBD; 6-7:30 p.m. • This year-long course uses multi-sensory input and experiential learning to build self-esteem of awake and spiritually evolved teenagers and young adults to aid in integrating organizational skills, navigating low-vibrational emotions, and discovering and fostering genius. $50/meeting. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Signing Smart Baby Sign Language with Kathy Brady • Thursdays, Jan. 21-Mar. 17, 11-11:45 a.m. • Participants will learn what their baby is trying to tell them by learning how to help infants and toddlers communicate frustration-free. Participants will learn family-friendly American Sign Language through research-proven strategies, fun activities, and songs in these parent-child play classes. $169 (includes nine weeks instruction, two DVDs, and a parent handbook). Call 389-3459; kathybrady@signingsmart.com or ssannarbor.com.

La Leche League of Ann Arbor • First Wednesdays, 10 a.m.-12 p.m.; Second Thursdays, 6:30-8 p.m.; Third Wednesdays, 5:30-7:30 p.m. • La Leche League is a non-profit organization that creates awareness about breastfeeding and offers mother-to-mother support, monthly meet ups, telephone help from accredited leaders, and a lending library on childbirth, breastfeeding, and related subjects. Free. Call Brooke at 937-935-3244; carrig0723@yahoo.com or lllaa.org.

Peace

Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Mondays-Thursdays, Saturdays; 8:30 p.m. • The Centre is open daily for quiet reflection, silent prayer, and pure meditation. Everyone of all faiths, meditation practices, and traditions is welcome to come and go as you wish. Winged prayer for all in need at 9 p.m. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Peace and Quiet Weekend Retreat with Self Realization Meditation Healing Centre • Mar. 19-20 • This retreat provides time for peace and quiet with lots of free time and a silent Sunday morning. Optional pure meditation foundation class is offered Saturday afternoon for an additional fee. Retreat includes shared room lodging, vegetarian meals, and snacks. $75 (shared room; private room and bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Winter activities at Song of the Morning Ranch.
Song of the Morning (Vanderbilt, MI) offers workshops, retreats, meditation, and more. Its spiritual practices are based in Raja Yoga, the "royal" or complete path, which emphasizes balanced living and meditation. For more information, see Ceremonies, Celebrations, and Rituals on page 93.

Why Civil Resistance Works with the Michigan Friends Center • Mar. 15, 7 p.m. • In her book *Why Civil Resistance Works*, Erica Chenoweth argues that nonviolent campaigns for political change are more successful than violent ones. A video of a talk by the author will be shown and a discussion of her research results will follow. Call 475-1892; manager@mfcenter.org or mfcenter.org.

Personal Growth

Active Hope: How to Face the Mess We're In Without Going Crazy with Claire Maitre • Six Mondays, Jan. 11-Feb. 15, 7-9 p.m., or six Saturdays, Apr. 2-May 14, 10 a.m.-12 p.m. • This workshop offers fellowship, personal growth, new ideas, and expanded vision of what's possible in response to the converging crises in the world today. Based on the book *Is it Active? Hopeful? Yes!*, this experiential series will share group processes and seed an ongoing community of alumni that meets monthly. $120 donation (sliding scale available). Call 248-613-8803; clairemaitre06@gmail.com or chrysalistransitions.com.

How to Be a Happier Person -- Now! with Bob Bedard • Last Saturdays, Jan.-Apr., 1:30-4:30 p.m. • Each class will focus on a component of the intrapersonal happiness theory as a means to becoming a happier person. Monthly updates at ihthappiness.com. Donations accepted. Call 426-5685; Happinessdocin@comcast.net or ihthappiness.com.

Sacred Sexuality and Tantra Weekend Workshop with Leslie Blackburn • Mar. 18-20 • Visit website for details and costs. Call 313-269-6719; Dakini@MysterySchooloftheTempleArts.com or MysterySchooloftheTempleArts.com.

Awaken to New Beginnings! Transform Yourself, Your Relationships, Your Career with Carl Gunderson and Maria Sylvester • Jan. 23, Apr. 23, 1-4 p.m. at the Crazy Wisdom Community Room • This workshop will teach specific life coaching and energy healing tools and skills to help participants develop a deep sense of purpose and empowerment as they learn to listen to the inner voice, embrace deep wisdom, and live from the fullness of creative capacities and potential. $59. RSVP at 717-7532; Maria@LifeEmpowermentCoaching.net or LifeEmpowermentCoaching.net.

At Ease with Emotions with Joya D'Cruz • Jan. 13, 6:30-8:30 p.m.; Mar. 10, 3:45-5:45 p.m. • This workshop will explore emotions and how we relate to them. By giving emotions due and appropriate attention, we can move towards feeling more peaceful and powerful. Free. Call 213-2555; Focusingcenterofmichigan.com.

Creating Internal Resources with Cam Vozar • Jan. 13, 6:30 p.m. • This workshop will help participants create internal resources to cope with stress and increase well-being as they learn to connect to spiritual, nurturing, and protective resources. $10. Call 747-9073; cam.vozar@gmail.com.

HAI Free Mini Workshop: Be Love, Find Joy! with HAI Midwest • Jan. 23, Feb. 27, Apr. 2, Gathering, 5:30 p.m.; Workshop, 6-8 p.m. at the Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, participants will discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 248-388-5411; mo.fritz@hai.org or hai.org.

The Crazy Wisdom Calendar

Personal Growth (continued)

HAI Free Mini Workshop: Creating Authentic Connections with HAI Midwest, Royal Oak • Feb. 6, Mar. 12, Apr. 16; Gathering, 7 p.m.; Workshop, 7:30-9:30 p.m. • In a safe, supportive, and relaxed environment, participants will discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 248-388-5411; mo.fritz@hai.org or hai.org.

Temple Community Gathering to Discuss Sexuality and Consciousness with Leslie Blackburn • Jan. 24, Feb. 21, Mar. 20, 5 p.m. • This gathering provides a safe space to share and ask questions on intimate topics, discuss sexuality openly, and learn about spirituality, tantra, and more after an opening meditation. Similar to a satsang in the yoga tradition, and related to the talking stick tradition of Native American shamanism. Donations welcome. Call 313-269-6719; Dakini@MysterySchooloftheTempleArts.com or MysterySchooloftheTempleArts.com.

Clearing Low-Vibrational Emotions Rather Than Overeating, Overdrinking, or Overspending with Karen Greenberg *• Apr. 17, 3-6 p.m.* • This class helps participants learn to navigate emotions in order to connect spiritually for assistance and support. $43. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Living Gently with Ourselves: A Group for the Practice of Self-Compassion and Self-Forgiveness with Anita Rubin-Meiller • Tuesdays, Jan. 19-Mar. 22, 6-8 p.m. • This series helps participants learn to quiet the self-judging mind and internal threat protection system through practicing mindful self compassion skills and other guided meditations. Each session includes a short presentation, handouts, and meditative practices as well as time for sharing. $350/10 weeks. Call 332-0669; anita1018@sbcglobal.net or gentlebeing.com.

> *Even asleep we partake in the becoming of the world.*
>
> —Czeslaw Milosz

Prosperity and Abundance

Attracting Prosperity with Jennifer Vanderwal • Apr. 3, 11 a.m.-1 p.m. • This workshop presents information about how certain crystals may enhance abundance and can transmute poverty consciousness into prosperity consciousness. Activities will include building a crystal array, guided meditations specific to chakras that enhance prosperity, affirmations, aromatherapy, and feng shui. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Reiki

First Degree Reiki with Suzy Wienckowski • Jan. 22-23; Apr. 8-9 • This workshop is the first level of training in the Usui system of Reiki healing. Reiki is a gentle, hands-on healing art that is easily learned by all. Students learn the history of Reiki, hands-on treatment forms for self and others, and four individual initiations. Certificate awarded. $150. Call for times at 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Mar. 18-19 • This workshop is the second level of training in the Usui system of Reiki healing. Students learn to use the three sacred Reiki symbols which focus on and intensify the Reiki energy enabling the practitioner to heal on a deeper level and send Reiki at a distance. Prerequisite: first degree training. $500. Call for times at 476-7958; suzyreiki@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Apr. 20, 7-9 p.m. • Participants will learn about the Usui system of Reiki healing, a hands-on healing art in which life energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini-treatments offered. Free. Call 476-7958; suzyreiki@aol.com.

Japanese Reiki Practice Circle with Andrew Anders • Jan 3, Feb. 7, Mar. 6, Apr. 3; 1-3 p.m. • A monthly Reiki gathering event for all local practitioners to practice together. Each session covers one or more aspects of the traditional Usui Reiki Ryoho including breathing meditation, hands-on healing (Reiki share), Reiju (empowerment/attunement), and more. The first hour is for advanced students and the second hour for everyone. $15. Call 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Reiki Level 1: Shoden with Andrew Anders • Feb. 6, 13, 9 a.m.-3 p.m. • This course aims to develop a strong foundation in traditional Usui Reiki Ryoho. Lessons include basic principles, Japanese terminology, methods, and history. Learn how to heal friends, family, pets, animals, and more. Handouts are provided and a certificate of completion is awarded at the end of the class. $129. Call 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Reiki Level 2: Okuden with Andrew Anders • Mar. 5, 12, 9 a.m.-4 p.m. • This intermediate course will introduce individuals to a deeper understanding of Usui Reiki Ryoho. In this level, we will begin to work with symbol and sound meditation, and practicing Reiki as more than a tool but as a way of life. Handouts are provided and a certificate of completion is awarded at the end of the class. $149. Call 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Reiki I with Jennifer Vanderwal • Jan. 10, 11 a.m.-4 p.m. • Participants learn to help friends and family to a better life through Reiki. Topics will include history of Reiki, how to feel energy, energetic protections, hand positions, crystals, and symbols. This workshop comes from the Usui Tibetan Karuna Seiryoku Reiki lineage. $149. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Free Reiki Clinic at Debra Williams • Jan. 28, Feb. 25, Mar. 24, Apr. 28, 7-8:30 p.m. • Participants will experience an individual mini-session to experience the powerful healing effects of Reiki through cleansing, balancing, and harmonizing at all levels. Donations accepted. Preregister at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Retreats

Holistic Yoga Meditation Retreats with Ema Stefanova • Apr. 1-3, Apr. 29-May 1, May 13-15 • These retreats provide the five elements of earth, water, air, sun, and space so that participants can relax, refresh, renew, rejuvenate, and recharge. The weekend is dedicated to participants' yogic journey and give time to experience holistic yoga, enhance and enrich meditation practices, learn about healing using the chakras. It includes four yoga sessions, four meditation sessions, two pranayama workshops, and five meals. $445/$395. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Developing Your Light Body with Karlta Zarley • Apr. 24-27 • This retreat, at an A-frame cottage on the shore of Lake Michigan, teaches participants about the light body: what it is, how it develops, how to enhance progress towards it, and how to check evolution. Shared vegetarian cooking responsibilities. $300 (includes fees, food, and lodging). Register by Apr. 16 at 761-5908; kzarley88@gmail.com or karltazarley.com.

Insight Meditation Weekend Retreat with Susan Weir, Dawn Lemon, and Terry Gliedt • May 6-8 (register by late April) • Held at the Weber Retreat Center, this retreat will be held in silence with occasional talks by the teachers. Open to all levels with available instruction. See website for details and costs. Call Terry at 972-9905; info@insightmeditationannarbor.org or insightmeditation.org.

Restore and Renew with Stephanie Shepard • Feb. 19-21 • This retreat focuses on three forms of yoga: yin, restorative, and yoga nidra, which are all based on surrender and release of built-up stress, tension, and toxins through meditative relaxation. These practices may help participants develop and access inner resources of peace and quiet strength. $108. Call Justine at 989-983-4107; programs@songofthemorning.org or songofthemorning.org.

Celebrating Togetherness with Anne and Gary Wakenhut • Mar. 3-5 • A retreat for couples interested in creatively exploring their shared past, present, and future. This retreat helps participants discover how to enhance and enrich relationships while celebrating the process and each other with experienced facilitators who have lived together for over 50 years. $130/couple. Call Justine at 989-983-4107; programs@songofthemorning.org or songofthemorning.org.

Women's Wellness Retreat with Stephanie Shepard • Mar. 11-13 • This retreat focuses on the beauty and strength of feminine power and grace through four yoga classes, meditation, journaling, hiking, discussions of women's wellness, development of a daily wellness practice, and creating time and space for self care. $95. Call Justine at 989-983-4107; programs@songofthemorning.org or songofthemorning.org.

Hiking and Yoga with Sam Cornelius • Mar. 18-20 • This up-north retreat features yoga by the fireplace, skiing, snowshoeing, and/or hiking on the trails of the Pigeon River State Forest. Bring a journal to capture memories and inspirations of the scenic views and meaningful conversations. Free. Call Justine at 989-983-4107; office@songofthemorning.org.

Yin Yoga and Winter Fun with Bridget Sheahan • Feb. 5-7 • This retreat will feature yin yoga combined with adventurous winter wonderland fun as participants get around the ranch on foot, skis, or snowshoes (bring own equipment). Inside, they will enjoy practice of yin yoga, the complementing practice to the yang vinyasa, ashtanga, and hatha yoga classes that most enjoy regularly. $89. Call Justine at 989-983-4107; office@songofthemorning.org.

On January 1, 2016, the Crazy Wisdom Calendar
will be available online at our website:
www.crazywisdomjournal.com.

Winter Mindfulness Retreat with the Bluewater Community of Mindful Living • Feb. 10-14 • This retreat will feature the quiet and beauty of northern Michigan in winter as participants are nourished by meditation, silence, friends, and the everyday mindfulness of the Thich Nhat Hanh tradition. Free. Call Justine at 989-983-4107; office@songofthemorning.org.

The Sounds of Silence with Nancy McCaochan • Jan. 22-24 • This silent retreat will help participants rediscover the lost connection with the self through sitting, walking, eating, and playing in community, all without speaking a word. Light yoga and walking meditation are involved in the weekend. $150. Call Justine at 989-983-4107; office@songofthemorning.org.

Rejuvenating Retreat with Self Realization Meditation Healing Centre • Apr. 2-3 • This retreat is designed to provide a refreshing and rejuvenating weekend to promote more spring in participants' steps by nourishing the self on every level. $75/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Easter Celebration Retreat with Self Realization Meditation Healing Centre • Mar. 25-27 • This retreat is held in silence with ample time to meditate, contemplate, relax, and get in touch with the inner self during this holy time. The small group retreat offers simple vegetarian meals and shared accommodation in a quiet country setting. $140 (shared room and meals; private room and bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Yongmaeng Jeongjim Three-Day Intensive Retreat with Zen Buddhist Temple • Apr. 7-10 • Yongmaeng Jeongjim, which means "fearless practice" is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides an opportunity for discovering wisdom mind and developing a compassionate heart. This retreat will be conducted by Ven. Haju Sunim, resident priest at the Temple in Ann Arbor. Reserved for practicing members, or for non-members with serious meditation experience. Partial attendance can be arranged. $60/day ($50/members). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Visitor's Program and Residential Opportunities with Zen Buddhist Temple • This program is for people who want to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director necessary for availability throughout the year. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Salons

Crazy Wisdom Salon • Mindfulness in Education with Rita Benn, PhD, Sandy Finkel, MPH, and Mary Spence, PhD • Hosted by Bill Zirinsky • Thursday, March 10 at 7 p.m. • The Michigan Collaborative for Mindfulness in Education (MC4ME) is a professional network of educators who share a passion for cultivating mindfulness in students, families, educators, and themselves. (See the feature story in this issue of the CW Journal on this topic, on Page 74). This Salon is about the exciting story of introducing mindfulness to Michigan schools, and there will be an opportunity to converse about what's working and what isn't. Anecdotes and tales from parents, students and educators will be encouraged, and anyone interested in this topic is encouraged to participate in a lively conversation. The three guest speakers are on the MC4ME Board, and each is highly accomplished in her own right. Free. Call 734-665-2757 for more info, or write Bill@crazywisdom.net.

Crazy Wisdom Salon • Religious Freedom and Marriage Equality: Seeking Common Ground with Rev. George Lambrides, Rev. Joe Summers and Nancy Ogilvie; Moderated by Lucinda Kurtz • Thursday, March 31st at 7 p.m. • Now that marriage is legal for same sex couples, some feel that the new law interferes with the free exercise of their religion. We will explore the intersection of marriage equality and faith and the impact this Supreme Court ruling is having on our faith communities. Come join us for a lively conversation and lend your voice to the discussion of this issue. Rev. George Lambrides, Co-Director of the Interfaith Round Table of Washtenaw County; Rev. Joseph Summers, The Episcopal Church of the Incarnation; Nancy Ogilvie, Our Climate Change Legacy. Lucinda Kurtz, M.A. is a Brennan Healing Science Practitioner, and she has hosted over 40 Salons, on diverse topics, at Crazy Wisdom over the last 15 years. Free. For more info, email Lucinda@lucindakurtz.com.

Crazy Wisdom Salon • *$2 a Day: Living on Almost Nothing in America* with H. Luke Shaefer, Hosted by Sandy Wiener • Thursday, April 21 at 7 p.m. • *$2 a Day* is a recent and highly-praised book. Luke Schaefer, local co-author, and other presenters, will talk about the face of extreme poverty in America today along with some reasons behind this phenomenon; why traditional jobs are disappearing; and what the future might look like. H. Luke Shaefer is an associate professor at the University of Michigan's School of Social Work and the Gerald R. Ford School of Public Policy. His research has been published in top peer-reviewed academic journals, and the *New York Times* gave his book an "Editors' Choice" designation. Hosted by Sandy Wiener, whose previous Crazy Wisdom salons have been about "Who/What Are We Anyway," "Science and Psi," "Lucid Dreaming," "Permaculture and Bio-Dynamic Gardening," and "Saving Recess - Children's Need for Time and Space to Play." Free. Call 734-665-2757 for more info, or write Sandy@swiener.com.

Shamanism

Advanced Shamanic Healing Methods Program with Stephanie Tighe • Three Sessions, beginning Apr. 9-10 (continues May 14-15, June 4-5) • Shamanic healing methods to be covered in this intensive include: shamanic extraction, soul retrieval, plant spirit medicine, restoration of lost power and more. Program also includes other spirit-directed techniques, ethics, establishing a healing practice, and how to help clients to receive healings. Pre-requisite is shamanic training and experience; application required. See website for costs and registration details. Call 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Shamanic Healers' Retreat - Residential with Kate Durda and Stephanie Tighe • Mar. 5-6 in Hastings, MI • This retreat focuses on receiving and providing shamanic healing as participants are guided through different types of additional experiences and journeys. May arrive Friday evening for personal retreat time. Pre-requisite is shamanic training and experience; application required. See website for costs and registration details. Call 517-667-8448; stephanietighe@gmail.com or spiritweavers.net.

Celtic Shamanism: Fourth Annual Gathering • Apr. 21-24 • This residential retreat is open to graduates of Dr. Tom Cowan's two-year Celtic shamanism program only. See website for costs and registration details. Call 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Shamanism: Introduction to the Shamanic Journey with Kate Durda • Mar. 26, 10 a.m.-4:30 p.m. • Experiential training in the shamanic journey and introduction to shamanism healing methods and practice. This class is a prerequisite for all advanced training, including intermediate shamanic training. $95 ($85 with registration by Mar. 22). Call 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Spiritual Development

Connecting with Archangels with Karen Greenberg • Mar. 19, 2-5 p.m. • Participants will become acquainted with the various archangels represented in the sephirot (spheres) in the tree of life. Course will explore archangels, their roles, what assistance they provide, and how to safely call upon them. $63. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Apr. 29, 6-10 p.m. • This workshop helps create a sacred space and compose questions for a higher power. These techniques can help participants ask how to serve by working through resistance and surrendering, learning to express gratitude and awe, and become comforted by G-d through prayer and a personal relationship with G-d. $43. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Online Spiritual Community with Wisdom Circle Ministry • Jan. 12, 26, Feb. 9, 23, Mar. 8, 22, Apr. 12, 26 • Sanctuary is an online interfaith spiritual community that uses the wisdom circle format. See website to sign up for newsletter and receive registration information. Donation requested. Call Claudia at 810-599-3946; support@wisdomcircle-ministries.org or wisdomcircleministries.org.

Letting Go, Arriving, and Beginning Again: A New Year's Retreat with David M. Hall • Jan. 1-3 • Together, participants will breathe, process, and let go, while finding their own way of celebrating the small things together. This is a non-denominational retreat and will include spiritual elements from various traditions. Activities will include sharing stories, journaling, breaking down false programming, sitting still, being in nature, creating sound and music and practicing other exercises designed to move heart and mind. $111. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org.

The Path of the Rose with Sanctuary of the Magdalene • Apr. 16-17 • The path of the rose is designed as a retreat for spiritual transformation based on the book *The Source of Miracles* by Kathleen McGowan. Participants teach each other by using their own experiences as the group focuses on the topics of faith, service, surrender, forgiveness, abundance, overcoming obstacles, and love. The weekend concludes with walking the path of the rose, the center of the labyrinth in Chartres Cathedral in France. $139-$299 with overnight accommodations ($77/commuters). Call Maryesah at 269-276-0270; maryesah@magdalenerose.org or magdalenerose.org.

How to Open Our Field to Receive Wisdom and Guidance from the Natural World with Claire Maitre • Mar. 20, 1-3 p.m. at the Crazy Wisdom Community Room • Designed for environmental educators, activist, earth healers, practitioners of earth-based spirituality, Buddhism, and those following spiritual paths of compassion, this workshop is designed to help participants step outside the usual ways of thinking from a position of separateness and isolation to discover what it feels like to open up to receive information from our interconnection with the web of life. The workshop pairs well with the Council of All Beings workshop on Apr. 23 listed under Celebrations. Limit 25. $10. Call 248-613-8803; clairemaitre06@gmail.com or chrysalistransitions.com.

Handwriting Analysis Is So Much Fun with Jani Cooke • Mar. 13, 20, or 27, 2 p.m. at the Crazy Wisdom Community Room• This workshop is designed to help participants understand what a person's handwriting means and why each person's is so different. Participants will learn how to discern who people are as they learn how to connect to the vibration of a person's handwriting to get a clear communication from spirit. $40. Call 720-514-9724; janicooke@gmail.com or janicooke.com.

My Journey from Reiki to Usui Reiki Ryoho

By Andrew Anders • Photos by Joni Strickfaden

A motivation rooted in compassion
A journey born of determination
Discovery of the way of peace
in mind and body

Over a decade ago, I was presented with difficulty and blessed with the opportunity to learn about Reiki. What started out as a passing curiosity and sincere desire to help my ailing mother, turned into what is now a lifelong journey of healing and personal growth.

Coming of age in the ’90s and early 2000s, I had unrestricted access to many unconventional ideas and perspectives, all via dial-up connection. This era of information introduced me to new age trends, Veritas communities, Eastern thought systems, Mayan prophecies, and so on. I read about all sorts of ideas, like healing with gemstones, guided meditation, visualization, and energy healing techniques. I was an open-minded kid with keys to a world much bigger than the south side of Ypsilanti, Michigan.

Meanwhile, back in the real world, my mother had been laid off again. She was a very sensitive, compassionate, and hard-working woman, proud to provide her fair share for the family. Apparently she was also quite stubborn, socially reserved, and set in her ways. Upon losing her second job after re-entering the workforce (she raised me and my siblings at home), she fell into a depression of the likes that I don’t believe she ever recovered from.

> *“Coming of age in the ’90s and early 2000s, I had unrestricted access to many unconventional ideas and perspectives, all via dial-up connection.”*

Unable to provide and feeling the burden of a single-income household, my mother’s stress turned into a very real and very uncomfortable pain. Despite numerous visits to the doctor, no single cause was found. Eventually, she was offered medication for her pain with no permanent solution in sight. I later learned this is another way to understand the expression “*practicing* medicine” — there are no guarantees.

One night I was startled awake by my Dad’s voice, yelling for my older brother and looking for help. Mom was having a seizure and my father had no idea how to react. Unfortunately, this was the beginning of what would soon be an all-too-common occurrence. Calling the ambulance and rushing off to the hospital almost became routine after a few years.

Being young and naive, I decided the doctors knew nothing and that I would take matters into my own hands. Little did I know how literal that expression would come to be.

> *“No more than two months after completing the master level, my Mom suddenly passed away. I’d lost my chance to fix things. In one of my last moments of seeing her, I made a vow to do my best and help as many people as possible in her memory.”*

Discovering Reiki

My journey officially began upon seeing a co-worker waving his hands around a colleague. Upon further investigation, I learned he was “doing Reiki” to help her headache. No more than maybe a month later, he taught me his style and approach to Reiki.

Following this experience, I moved on with great interest, and pursued further education with the International Center for Reiki Training, earning certification in level 1 and level 2. The experience was life changing. I still had many questions, but that was for later. The top priority was to go home and hopefully heal my mother.

Thankfully, Mom was very open to my spiritual curiosity and studies. However, even with her support, in the many times I offered a healing session, Mom kindly declined, deciding she just wasn’t ready for Reiki healing right at that moment. In my mind, this was nothing to worry about. I’d be there for her when she was ready.

In the years following, I played with Reiki techniques, satisfied with my certification and warm healing hands. Eventually, I pursued Reiki mastership, looking for a chance to “increase my healing powers.”

No more than two months after completing the master level, my Mom suddenly passed away. I'd lost my chance to fix things. In one of my last moments of seeing her, I made a vow to do my best and help as many people as possible in her memory.

Toward Usui Reiki Ryoho

The vow I made pushed me headfirst into the world of all things Reiki. Despite being a "master" at that point, I realized just how little I really knew. So I set out to find the answers to the questions I still had, in pursuit to be the best practitioner I could be.

I traveled all over the U.S., beginning with an understanding of Reiki as a palm-healing "energy-medicine" technique. I eventually landed in Japan, the birth place of Usui Reiki Ryoho, with an understanding of Reiki as a deep inner practice for holistic healing in mind and body.

Usui *Reiki* Ryoho is a traditional Japanese inward-contemplative practice, established by Mikao Usui for healing in mind and body. **Usui *Shiki* Ryoho** is a later development based on Mikao Usui's method, generally emphasizing palm-healing techniques. The majority of modern "Reiki" traditions teach a variation of Usui Shiki Ryoho, highlighting palm-healing techniques for stress release and relaxation. Initially, I focused on this approach, and the motivation to trace it back to its origins pushed me to New England, in search of the early teachings of Hawayo Takata.

Hawayo Takata is a very important person in the history of Reiki. She brought the practice from Japan to America in the early twentieth century, teaching the methods of Usui Shiki Ryoho. One of her earliest students, John Harvey Gray, was still living and teaching students in the New Hampshire area, so I traveled there to take classes at his healing center. As Mr. Gray was quite advanced in age, I ended up training with Dr. Lourdes Gray, the late Mr. Gray's wife and now director of their Reiki center.

Dr. Gray stressed "Reiki with no short cuts," and taught level 1 and level 2 separately (they are usually taught together in a one-weekend seminar). Her classes referenced Mrs. Takata's teachings directly, while also introducing new age healing ideas, such as aura reading and chakra balancing.

Upon returning home from New England, I entered the Reiki therapy program at Beaumont Health System in Michigan. Their therapy program de-emphasized the origins and history of Reiki and helped me to understand it from an integrative medicine paradigm. Whereas Dr. Gray's method focused more on tradition, the Beaumont program emphasized research and statistical evidence. After the Beaumont program, I went on to New York to study further, but eventually, I realized that despite all of my training, I still felt unclear about something — how Reiki "works." Although the word "Reiki" translates directly to "spiritual essence," it is often understood to be an almost magical hands-on, palm healing technique. None of my teachers offered a direct explanation for how it works and why, and instead focused on traditions and applications.

A Deeper Understanding

Later, I found the deeper understanding I was looking for in the traditional Japanese approach to Reiki, originally called Usui Reiki Ryoho (臼井靈氣療法). In this tradition, meditation is emphasized. Daily meditation with Usui's methods (precepts, breathing, symbols, etc.) allows a deeper embodiment of Reiki and promotes the body's natural healing potential. This holistic approach to Reiki changed my life. I realized that only by my own effort would I understand Reiki. Fewer teachings — more practice. With this, healing was *much deeper and more effective,* both personally and for others, allowing me a conscious way to be the best practitioner I could be.

After years of daily practice, I learned that Reiki is nothing esoteric or mystical. It's actually one of the most natural things we all have. A peaceful mind and healthy body doesn't require "magic," when we allow ourselves to be grateful for and compassionate to what's already inside and around us.

It is in the spirit of this understanding that I offer this writing and sincerely wish that all beings heal, be free, and be at peace in mind and body.

Andrew Anders is a professional Reiki teacher and Reiki practitioner trained in Usui Reiki Ryoho, Usui Shiki Ryoho, and Usui/Tibetan Reiki. He is also a 4th degree master instructor in two Korean martial art systems: Kukki Taekwondo and Hoijeon Moosool. He is the principal Reiki instructor at Washtenaw Community College, and conducts Reiki healing sessions and monthly practice circles out of the Lotus Center. Lastly, he pays the bills as a full time university programmer/analyst. He can be contacted at http://michiganreiki.org; aanders@michiganreiki.org; or (734) 480-8107.

> *"After years of daily practice, I learned that Reiki is nothing esoteric or mystical. It's actually one of the most natural things we all have."*

The Crazy Wisdom Calendar

Spiritual Development (continued)

Summon Your Intuitive Power in Mystical Sedona with Carole Grace and Daniel McDermott • Jan. 21-Feb. 5 • The workshop leaders will use their gifts of intuition, huna, and hypnosis to help participants attain new levels of awareness by helping align mind, body, and spirit to a higher level of knowing. $1888. Call 586-307-6856; CaroleGrace@CaroleGrace.com or CaroleGrace.com.

A Day of Contemplative Prayer on Loving-Kindness with Esther Kennedy • Jan. 16, 10 a.m.-2:30 p.m. • This retreat helps participants cultivate loving-kindness, the first of four limitless qualities, in order to help soften and change old, habituated negative patterns of mind in order to stay with the deep loss, the broken heart, and the nameless fear that enables cultivation of unconditional friendship and inner tenderness that leads to loving-kindness. $45 (includes lunch and $10 non-refundable deposit). Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

A Day of Contemplative Prayer on Compassion with Esther Kennedy • Mar. 19, 10 a.m.-2:30 p.m. • This retreat helps participants soften their hearts and become more honest and forgiving about when and how they shut down in order to know their own suffering and then begin to be with others in their brokenness and despair. This workshop helps participants open their hearts to suffering in order to practice compassion, the second limitless quality. $35 (with a $10 non-refundable deposit due at registration; includes lunch). Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

A Day of Contemplative Prayer on Joy with Esther Kennedy • Apr. 16, 10 a.m.-2:30 p.m. • This retreat joins participants to rejoice with each other as they interact in genuine, authentic, and real ways. Deep-seated joy, the third of four limitless qualities, flows from a mind that is free and a spirit that is steeped in divine commitments to help overcome shoots of jealousy, envy, or fear. $45 (includes lunch and $10 non-refundable deposit). Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Experience the Light and Sound of God with Eckankar • Fridays, 6:30-7:15 p.m. at the Crazy Wisdom Community Room • A group contemplation using HU, an ancient name for God, to purify, uplift, and awaken deep spiritual potential in order to become happier and more secure in God's love regardless of beliefs or religions. Free. Call John at 320-2010; tutdebon@gmail.com or eck-mi.org.

Free Monthly Lightworker Meetings with Karen Greenberg • Jan. 15, Feb. 5, Mar. 18, Apr. 15; Dinner, 6-7 p.m., Meeting, 7-9 p.m. • Participants take turns creating and leading the group in services on topics relevant to lightworkers. Guided meditations for light, peace, love, and anything positive and of the light, as well as prayer circle, channeled messages, and occasional energy balancing. Free. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Higher Yoga for Spiritual Development Seminar with Ema Stefanova • Jan. 30-31 • Higher yoga practices will be introduced and practiced that help and enhance spiritual growth. Beginners and experienced students are welcome. Yoga Alliance teachers may earn up to five CEUs. For costs, times, and to preregister for limited spots, contact EmaStefanova@cs.com or YogaAndMeditation.com.

Reading and Discussing Poems of Spirit and Nature Together with Richard Tucker • Feb. 11, 7 p.m. • Michigan Friends Center is on the wooded 92 acre land of Friends Lake Cooperative Community, where we find renewal in the silence of nature. Everyone is invited to share an evening of reading and discussing poems by various authors who capture the spiritual center. The host will bring copies of a dozen of his favorites to read and contemplate; participants may bring their own to share. Refreshments served. Donations welcome. Call 475-1892; manager@mfcenter.org or mfcenter.org.

Storytelling

Story Night with Members of the Ann Arbor Storytellers' Guild at the Crazy Wisdom Tearoom • Jan. 14, Feb. 11, Mar. 10, Apr. 14, 7-9 p.m. • Come to hear stories for grown-ups Enjoy yummy desserts, exotic teas, or light supper while listening to Ann Arbor Storytellers' Guild members. Free. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Ann Arbor Storytellers' Guild at Nicola's Books • Fourth Sundays, 2-4 p.m. • Monthly meetings always start with stories and then more stories! Listeners and tellers welcome. Free. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Stress Management

Stress Relief and Study Tools for Students with Self Realization Meditation Healing Centre • Mar. 9, 7 p.m. • This class lets participants learn and experience relaxation and easy-to-use energy care techniques to conquer stress and improve concentration to enable their best at any time. These techniques, which only take a few minutes to practice, are also available by appointment and at your location. $30 (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Relaxation for Body, Mind and Spirit Day with Self Realization Meditation Healing Centre • Jan. 18, 10 a.m.-5 p.m. • This day includes a yoga class for all levels and abilities and a vegetarian lunch for the body, quiet time for the spirit, and an optional pure meditation foundation class for the mind. Overnight lodging and meals are also available. $39 for the day ($86 adds meals and overnight shared room; bursary and private room may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Focus on Being: A Half-Day Mindfulness Retreat with Michigan Collaborative for Mindfulness in Education • Jan. 23, 9 a.m.-12:30 p.m. • Join MC4ME for a half day of mindfulness practices in a supportive community. This retreat is designed to give space to breathe and care for the self in order to replenish. As parents, teachers, and professionals who advocate mindfulness practice for youth, it is essential to nourish one's own practice. $35 ($25 for students). Call Mary Ann at 476-5690; maryannmor@gmail.com or mc4me.org.

Managing Stress with Eden Energy Medicine with Marin Perusek and Jeannine Myers • Apr. 2, 1-3 p.m. at the Crazy Wisdom Community Room • Learn powerful, simple exercise to release built-up stress, take yourself out of biochemical overwhelm, and reprogram the way your body responds to stress. $20. Call Jeannine at 517-414-1220; mperusek@gmail.com or flourishenergyarts.com.

Understanding and Managing Emotional Triggers with Joya D'Cruz • Feb. 18, 6:30-8:30 p.m.; Apr. 14, 3:45-5:45 p.m. • Reactiveness to what others do or say to us, especially in intimate relationships, can weaken and wear us out and affect relationships negatively. In this workshop, participants will explore the nature of triggers, how to best handle them, and how to be free of them. Free. Contact focusingcenterofmichigan.com.

Sustainability

Winternship in Natural Building and Sustainable Skills with Deanne Bednar • Jan. 4-Feb. 4 • Interns can learn and build at the Strawbale Studio, located in a rural wooded setting one hour north of Detroit, working in thatching, reed collection, earth plaster and sculpture, round pole framing, rocket stove construction, and more. Fireside lectures include site, house design, and code information. This is also an opportunity to try fermenting, whittling, and other sustainable skills. $950/month internship ($850 with early registration); ½ pay worktrade. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org

Internship in Natural Building and Sustainable Skills with Deanne Bednar • Apr. 1-30 • Interns can learn and build at the Strawbale Studio, located in a rural wooded setting one hour north of Detroit, working in earth plaster, rocket stove, design classes, permaculture projects, and more. See website for details. $950/month internship ($850 with one month advance registration); ½ pay worktrade. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Thatching: An Introduction with Deanne Bednar • Jan. 9, 9:30 a.m.-5 p.m. • Participants will explore this ecological and long-lasting roof system by touring several thatched roof buildings, seeing a video and a demo of thatching, and trying it out in person with the workshop leader who received basic training from a Danish master thatcher. 12 student limit. This class pairs well with the Jan. 10 reed harvesting workshop. $60 ($45 with two week advance registration. Some scholarships available.) Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Hands-On Reed Harvesting for Roof Thatching with Deanne Bednar • Jan. 10, 10 a.m.-4 p.m. • Participants can learn how phragmite, a local invasive reed grass, is also a high-quality thatching material valued and used in European roofing. Hands-on practice harvesting reeds using hand tools, leaving seed heads in the field as we learn to identify, collect, bundle, and store reed. Tour of three thatched structures at the Strawbale Studio also included. This workshop pairs well with the thatching workshop of Jan. 9. $35 ($25 with two-week advance registration; some scholarships available.) Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Round Pole Framing: The Basics with Mark Angelini and Deanne Bednar • Jan. 16-17 • Participants will learn principles and hands-on basics of round pole framing for small structures. Tour thatched roofs and round pole structures on site, harvest wood, use hand tools, design a small structure, create a small team project, and make a mallet to take home. $150 ($129 with two-week advance registration; some scholarships available.) Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Rocket Stove and Fire Workshop with Deanne Bednar • Jan. 23-24 • This workshop will teach participants to create useful heat efficiently from local materials as they tour buildings and stoves on site, and do hands-on mocking up of combustion units, mixing cob and finish plaster, making a model earth oven and rocket cooker. Participants will also learn principles of construction and receive a copy of the new edition of the *Rocket Mass Heater* book. Bring a bag lunch. Call for times and optional overnight accommodations with meals included. $150 ($125 with two-week advance registration; $80/$90 for Saturday only with registration; some work trade scholarships available). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Sustainability

Earth Plaster and Sculpting Workshop with Deanne Bednar • Jan. 30-31 • Participants can learn how natural earthen plasters can be used in a variety of applications to beautify and naturalize existing dwellings, future natural strawbale homes, or earth oven projects. Workshop will include learning to identify, mix, and apply natural local soil to create simple or artistic expressions. Bring a bag lunch. Call for times and optional overnight accommodations. $120 ($95 with two-week advance registration). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

A Dream of Foxes: Reuniting Nature and Human Exchange with Irena Nagler and Others • Jan. 17, Feb. 21, Mar. 20, Apr. 17, 3:30 p.m. • Movement and music meditations that help attune participants to their natural and human environments by exploring the history of dominator culture, what may have preceded and existed concurrently with it, and possible alternatives that unite symbolic currency with authentic flow and are mindful of both environmental and human health. April meeting will feature a fun, hands-on practice of one such alternative. $5-$15 depending on location. Call 996-1772; birena@umich.edu.

Permaculture from the Roots Up: People Care with Bridget O'Brien and David M. Hall • Feb. 19-21 • This initial class, the first in a series of weekend workshops delving into the essence of permaculture, will offer the basics of permaculture design with a focus on the ethic of "people care" and personal responsibility. Permaculture is interconnected with many modalities of a conscious culture and considers how people can consider ourselves and our place in the whole first and foremost. $118-$144. Call Justine at 989-983-4107; programs@songofthemorning.org or songofthemorning.org.

> *It is the nature of grace to fill*
> *the places that have been empty.*
> —Goethe

Permaculture from the Roots Up: Self Care with Bridget O'Brien • Jan. 26, 7-8:30 p.m. • Learn how the epicenter of permaculture zones method interacts with day-to-day needs, desires, and choices through concreted examples of self-care principles and tips for making real changes. Throughout this series, participants will establish a deeper understanding of permaculture ethics, principles, and design process to cultivate a more resilient culture. Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Permaculture from the Roots Up: Community Care with Bridget O'Brien • Feb. 9, 7-8:30 p.m. • Without community and collaborative effort, no part of daily life is possible. Participants will learn concrete examples of community-care principles and leave with tips for making real changes as we explore how to use permaculture philosophy in work, schools, and community centers to create spirals of abundance and prosperity. Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Permaculture from the Roots Up: Land Care • Mar. 8, 7-8:30 p.m. • Participants will explore the permaculture tool box and what it has to offer everyone from apartment dwelling to large country lots in order to heal and repair the land. Participants may bring a design problem or a land use question to explore as they learn how to create systems of abundance and prosperity using concrete examples of land-care principles. Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Where Do Permaculture and World Religions Connect with Bridget O'Brien • Mar. 1, 7-8:30 p.m. • Participants will explore the deeper connections between permaculture philosophy and a multitude of world religions and spiritual principles. Can they be integrated with permaculture? Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Cooperatives: Building Resilient Communities with David Hall and Bridget O'Brien • Jan. 11, 7-8:30; Feb. 2, 7-8:30 p.m. at the Crazy Wisdom Community Room • This workshop will explore the history, culture and principles of the cooperative model to understand the reasons they exist and how to best utilize them in daily life, including housing and business cooperatives in the area and what they offer in the effort to build a more resilient culture. Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Water: The Most Misunderstood Yet Most Important Nutrient in Your Life with Ron Shook • Jan. 5, 7-8:30 p.m. • Learn why the most misunderstood nutrient on the planet is so important to health and how it can improve life, energy, and vitality. Explore the differences in bottled water, water purification processes, and the mystique of alkaline water. Free. Call 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Hungry for Change: Food, Ethics, and Sustainability with the Michigan Friends Center • Mar. 23, Apr. 13, 27 (continues in May and June) • This six-session course will explore the interconnectedness of food systems and our relationship to them; examine the impact of food choices on health and the health of the planet; and consider the ethical and political implications of current food system and personal food choices. Each session is based on a set of readings from the Northwest Earth Institute course book with discussion led by local facilitators, and is offered in partnership with the Interfaith Council for Peace & Justice. Registration required. For information and costs, call 475-1982; manager@mfcenter.org or mfcenter.org.

Kingsolver's *Animal, Vegetable, Miracle*: A Book Conversation at the Chelsea District Library • Mar. 9, 6:30 p.m. • Michigan Friends Center offers a book read on the subject of food and environment that tells the story of Kingsolver's move to a new life of more sustainable healthy food. Pick up your book a month in advance at the library and continue with an optional course in the spring for a deeper examination of related food issues. Call 475-1892; manager@mfcenter.org or mfcenter.org.

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Writers Wanted for the CW Journal

Fun ways to be connected and visible in the community!

Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations and businesses offering cool, fun, meaningful and sometimes therapeutic activities, programs, events and classes for kids. Great opportunity for a writer who is also a parent.

Farm Beat Columnist

Interested in exploring local farms in Ann Arbor and surrounding areas? We're looking for a freelance writer who is interested in writing a new ongoing column for us about this growing community: farmer's markets, family farms, CSAs, community events and conventions, topics in current agricultural practices and organic farming, community gardens, and more. Applicants should have some background in journalism and/or prior experience with interviewing and writing articles, as well as knowledge and enthusiasm about farming & local food.

Green Living Columnist

CW Journal is also looking for a Green Living Columnist. Our Green Living Column is a lifestyle column providing information for readers about green practices, eco-friendly tips, and sustainable living tools. It also covers local news in green and environmental efforts – organizations, new projects, businesses committed to sustainable living, etc. Green Living applicants should have some background and/or interest in the environment and sustainability, as well as writing experience.

Modest but respectable pay. If you might be interested, please write to crazywisdomjournal@crazywisdom.net.

The Crazy Wisdom Calendar

Tai Chi, Martial Arts, and Self-Defense

Sun Shen Basic Tai-Chi Form with Ann-Margaret Giovino, Jan Katz, and Alexis Neuhas • Mondays, Tuesdays, Thursdays, 7-8 p.m.; Thursdays, 1:30-2:30 p.m.• Participants will learn to build a solid foundation in tai-chi principles in an intimate setting, with guidance and personal adjustment in the Sun Shen 35 form. Learn the sequence and details of the form as you experience the calm, effortless power which comes from relaxed focus. $17 drop-in, $55/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tao Tai Chi with MI Tai Chi Association • Mondays-Wednesdays, 11 a.m., 7 p.m.; Tuesdays-Thursdays, 6:30 p.m. • Beginners class to learn and practice tai chi, a gentle flowing movement and stretching exercise that is a great way to maintain and improve health and relaxation. Free trial class. $40/month unlimited classes ($30/month seniors). Call Dan at 516-5758; danschott3@gmail.com or taotaichi.org.

Wu Style Tai Chi Chuan with Genie Parker • Monday, Thursdays, 6 p.m.; Sundays 4 p.m. • Wu style tai chi is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45/month for one class/week; $70 for two classes/week. First class free. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Tai-Chi Pushing Hands with Sifu Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive tai-chi training, which helps participants experience the world in a non-reactive, calm way. Participants find freedom and power within themselves and interact with others without compromising the self. $21/session ($70/month). Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Morning Tai-Chi with Master Sang Kim • Mondays-Fridays, 7-8:30 a.m. • Participants will learn how tai-chi enables them to cultivate happiness, power, and potential, and get to know a part of themselves that was hidden and that they have been looking for all their lives. $225/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tai Chi with Michigan Tai Chi Association • Ongoing Classes • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and it has been found to reduce stress and lower blood pressure. $40 per month unlimited, $30 per month for seniors. Call Sally at 591-3530; michtaichi@aol.com or taotaichi.org.

Martial Arts Classes at Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s and older. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the way of harmony with nature or universal energy." Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully Asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fun, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes • Classes include Chen style tai chi chuan basic principles, a unique movement art that emphasizes inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance relaxation, and whole body unity. $85/month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsue, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Tai Chi Beginners with Master Wasentha Young • Ongoing classes • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous and fluid form. As a moving meditation, it promotes balance, coordination, concentration, and relaxation. Beginners can attend any or all classes for the same tuition. $185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tarot & Divination

Drop-In Tarot Readings with Gail Embery in the Crazy Wisdom Tearoom • First and Third Fridays, 6:30-9:30 p.m.; Second and Fourth Saturdays, 12-3 p.m. • Make enlightened life choices as Gail guides you through difficult times by skillfully consulting the Tarot to get answers for you and by accessing her psychic/medium abilities. $1.50 per minute. No appointment necessary. Call 313-655-7694; readingswithgail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tearoom • Thursdays, 6-9 p.m. • $1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-In Tarot/Psychic Readings with Kathy Bloch in the Crazy Wisdom Tearoom • First and Third Tuesdays, 5:30-8:30 p.m. • $1.50 per minute. No appointment necessary. Contact klbloch@hotmail.com.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tearoom • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuited from your small objects or pictures. $1.50 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Drop-In Tarot/Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tearoom • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 12-6 p.m. • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. $1.50 per minute. No appointment necessary. Call 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Tea Events

Fairy Tea at Crazy Wisdom Tearoom • Feb. 18, 1 p.m. and 4 p.m. seatings; Special Mother's Day Fairy Tea, May 8, 1 p.m. • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are $11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

> *Life is a long journey,*
> *which really takes no time at all.*
> —Bill Zirinsky

Therapy and Support Groups

The Resonant Therapist: Principles of Attuned Psychotherapy with Partners in Healing • Monthly Saturdays , beginning Jan. 23 • This six-module seminar focuses on therapeutic alliance, emotional resonance, and skillful intervention. $975 with up to 25% discounts. Call Carrie at 926-0071; partnersinhealingpsychotherapy@gmail.com or partnersinhealinpsychotherapy.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 118.

Wilderness Awareness

Critters Up Close Series at Ann Arbor Hands-On Museum with Leslie Science and Nature Center • Monthly Saturdays, 10 a.m.-4 p.m.; Monthly Sundays, 1-4 p.m. • Monthly selection of live animals brought to the Ann Arbor Hands-On Museum with special animal-oriented, hands-on activities. Mid-day animal naptime break. Free with museum membership. Call 997-1553; info@lesliesnc.org or lesliesnc.org.
January 9, 10: Mammals
Feb. 13, 14: Worms and Friends
Mar. 12, 13: Lizards
Apr. 9, 10: Frogs and Toads

Critter House Open House with Leslie Science and Nature Center • Sundays, 12-3 p.m. • All are welcome to come and explore the animals and their homes in our critter house. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Turtles with Leslie Science and Nature Center • Mar. 11, 7-8 p.m. • Michigan's state reptile is the turtle! Turtles have been around for millions of years, and it's about time to give them a show. Explore the many types of turtles in Michigan with this opportunity to meet them live and up close. $6 ($5 members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Parents' Night Out: Science Investigations with Leslie Science and Nature Center • Jan. 16, 5-10 p.m. • Parents can enjoy a night out as children put on their lab coats for a fun and educational evening of mysteries, experiments, and observation, as well as a pizza dinner and snack. $30/child ($25/child for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

> *Maybe if we re-invent whatever our lives give us, we find poems. Check your garage, the off sock in your drawer, the person you almost like but not quite. And let me know.*
>
> —NAOMI SHIHAB NYE

Parents' Night Out: Creatures of the Night with Leslie Science and Nature Center • Mar. 5, 5-10 p.m. • Parents can enjoy a night out as children discover what life is like at LSNC after dark. Through crafts,stories, activities, a night hike, and meeting some of the animals up close, your child will discover the world of nocturnal creatures and enjoy a pizza dinner and snack. $30/child ($25/child for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Mar. 20, Apr. 17, 6:30-8 p.m. • Families can relax and enjoy time sitting around a campfire, roasting marshmallows and swapping stories. LSNC will provide the outdoor campfire and plenty of marshmallows; families bring themselves, camp chairs, and s'mores fixings. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Earthday with Leslie Science and Nature Center • Apr. 17, 10 a.m.-12 p.m. • The Ann Arbor Area Earthday Festival is an annual celebration coordinated by the Earthday Festival Planning Committee, a coalition of over 15 local environmental non profits and agencies. This free, family-friendly event features displays from 40 local environmental, nonprofit, and governmental organizations; live animal demonstrations; hands-on activities; live entertainment; green building and commuting technologies; energy topics; water awareness; sustainable agriculture and more. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Owls: Inside & Out (Adults Only) with Leslie Science and Nature Center • Jan. 22, 7-8 p.m. • Meet the owls of the LSNC, great nocturnal predators. Following a visit from nocturnal educators, participants will dissect real owl pellets to find out what owls are eating and why. $6 ($5 members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Owl Do I Love Thee with Leslie Science and Nature Center • Feb. 14, 7-9 p.m. • Celebrate Valentines Day this year at LSNC. Inspired by heart-shaped faced owls, guests will enjoy chocolate-covered strawberries, gourmet cheese and crackers, and tasty beverages. Participants will also take a romantic lantern-lit poetry walk around the enclosures and watch the sweetest owls up close. $25/couple. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Women and Divorce

Women's Divorce Workshop with Women's Divorce Workshop • Jan. 9, Mar. 12, 8:30 a.m.-1 p.m. • WDRC mission is to empower and educate women contemplating or starting the divorce process. The workshop is presented by experienced divorce professionals to address the emotional, legal, and financial aspects of divorce. The more support women have during the divorce process, the more confidence they will have in their choices and decisions moving forward. $25. Call Rebecca at 248-707-1564; info@womens-divorce.org or womens-divorce.org.

Women's Health

What Your Urine Reveals about Your Health with Nia-Avelina Aguirre • Feb. 13, Mar. 19, 9:30-10:30 a.m. • Urine tells many things about the state of health in many of our major body systems. Find out potential missing links to better health; it may be the key you are looking for. $10. Call 883-7513; niaaguirre.nd@gmail.com.

How to Make PMS Less Eventful with Nia-Avelina Aguirre • Jan. 28, Mar. 10, Apr. 7, 6-7:30 p.m. • There is hope for that time of the month. Learn about natural options for skin breakouts, cranky attitudes, pain, cramps, another symptoms. Bring daughters as well. $60 includes a take-home package. Call 883-7513; niaaguirre.nd@gmail.com.

WomanSafeHealth Open House with Elizabeth Sadigian and Other Practitioners • Jan. 18, Feb. 22, Mar. 21, Apr. 18; 4-5 p.m. • Each informal open house is an opportunity for community members to check out the space and learn about WomanCare services and get a demonstration from practitioners. Free. Call Emma at 477-5100; info@womansafehealth.com or womansafehealth.com.

Adelpha Breast Thermography • Feb. 24, 10:30 a.m.-4 p.m. • Participants can experience a noninvasive breast imaging technique that is the safest, earliest detection of functional psychological changes in the breast tissue. It measures heat emissions and displays them for computer analysis with no contact, compression, or pain. $165. Call 416-5200; info@BodyWorksHealingCenter.comcastbiz.net.

Writing and Poetry

Political Poetry as James Joyce & Marshall McLuhan • Wednesday, March 10, 6:30-9 pm in the Crazy Wisdom Community Room • Gerry Fialka leads an interactive and expansive discussion, including local poets. Delve deep into current issues & events via new questions. What's the difference between rights & responsibilities? Revolution & rebellion? Fialka will interconnect James Joyce's *Finnegans Wake* and Marshall McLuhan's *Understanding Media* with poetry and politics. "World War III will be a global information war with no division between civilian and military participation." And "The police state is now a work of art." And "Only puny secrets need protection. Big discoveries are protected by public incredulity." - McLuhan. "It is a curious thing how your mind is supersaturated with the religion in which you say you disbelieve." For more info, email pfsuzy@aol.com or laughtears.com.

Crazy Wisdom Poetry Series at Crazy Wisdom Tearoom, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.
Second Wednesdays: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.
Jan. 27 • John F. Buckley has published the poetry collection *Sky Sandwiches* and chapbooks *Breach Birth* and *Leading an Aquamarine Shoat by Its Tail*. He collaborated with Martin Ott on two other poetry books, and his poems appear in *The Carolina Quarterly, Narrative,* and *ZYZZYVA*. He has an MFA in creative writing from U-M.
Jan. 27 • Kim D. Hunter works for social justice groups and in Detroit schools through InsideOut Literary Arts. His poems are in *What I Say, Rainbow Darkness,* and *Abandon Automobile*. His books are *Borne on Slow Knives* and *Edge of the Time Zone*. His short fiction, *The Official Report on Human Activity*, earned a Kresge Literary Arts Fellowship.
Feb. 24 • Scott Beal is the author of *Wait 'Til You Have Real Problems*. His poems have appeared in *Rattle, Prairie Schooner, Beloit Poetry Journal*, and other journals, as well as the *2014 Pushcart Anthology*. He teaches writing at U-M and poetry at Ann Arbor Open School.
Feb. 24 • Joy Gaines-Friedler's poetry is published in over 50 national and international journals. A Pushcart nominee, she has received many awards including The Litchfield Review Poetry Prize. Author of two full-length collections, *Like Vapor* and *Dutiful Heart,* Joy teaches creative writing for non-profits in the Detroit area and throughout Michigan.
Mar. 23 • Diane Wakoski won the Poetry Society of America's William Carlos Williams prize with her selected poems, *Emerald Ice*. Most recent of her more than 20 poetry collections is *Bay of Angels*. Now retired, Wakoski was Poet in Residence and University Distinguished Professor at MSU, 1975-2012.
Apr. 27 • John Rybicki's stories, poems, and essays have appeared in *Poetry, Ploughshares, American Poetry Review, Ecotone*, and in *The Best American Poetry* and Pushcart Prize anthologies. His latest book of poems is *When All the World Is Old*. He teaches poetry writing in Detroit high schools through the InsideOut Literary Arts Project.

Journaling: Ways of Writing for Yourself with Mary Ledvina • Wednesdays, Mar. 23-May 11 (no class on May 4), 6-8 p.m. in the Crazy Wisdom Community Room • This small group explores writing to know one's personal truth. Techniques will include timed writing, list making, getting guidance, poetry, fiction, and memoir. Bring a notebook and pen. $175 ($140 by Mar. 9; Mar. 23 class is free with preregistration). Call 646-9161; maryledvina@earthlink.net.

Living Words: Oral Memoirs with Ypsilanti District Library • Five-session series: Jan. 23, 10:30 a.m.-2:30 p.m. (introduction); Mondays, Feb. 1-29, 2:15-4:15 p.m. (workshops); Mar. 6, 2-3:30 p.m. (final reading and reception) • Adults 55 years and older are invited to study the art of memoir, explore different forms, create their own, and share with an audience. Please plan to attend all sessions. Participants will share work with the public on Mar. 6. Free. Call Sheila at 482-4110; skonen@ypsilibrary.org or ypsilibrary.org/events.

Garnet ~ The Conquerors' Stone

By Carol Clarke-Tiseo

Conquerors throughout time have been known as natural-born leaders, taking what they want and acting swiftly and effectively. It is no wonder then that garnet, which helps to gain control or to overcome, is called the "conquerors' stone." It's even believed that the legendary Don Juan had a garnet in his ring.

Garnet is the traditional birthstone of January and the stone of the Aquarius zodiac sign. In history and folklore, it has a place as a powerful talisman. It is said to have been one of the 12 stones in the Breastplate of the High Priest, and it has been used as a sacred stone by the Native American Indians, the South American Indians, the Aztecs, the African tribal elders, and the Mayans. Some tribes in Asia used red garnets as bullets for sling bows because the stones pierced victims quickly and were hidden when mixed with blood. Garnet was also used in wounds to encourage clotting.

Calling upon garnet for its warrior qualities can be helpful in many ways. Elevating your professional or personal life is not always an easy task. Bringing in new sales for your business, for instance, or committing to a change in diet or lifestyle can prove quite challenging. Placing three or more garnets on your desk or in your home will help you channel the stone's warrior qualities and achieve your goals. The fortifying nature of garnet also makes it a useful stone to have in times of crisis, particularly in situations where there seems to be no way out. It activates and strengthens the survival instinct, bringing courage and hope into these situations. The crisis is turned into a challenge under garnet's influence.

> *Calling upon garnet for its warrior qualities can be helpful in many ways.*

Energetically, garnet acts as a cleaner and a reboot for the chakra system. It purifies and balances energy, sparking passion where appropriate. Red garnet in particular rekindles the electric kundalini energy, allowing light to flow freely up the spinal column and distribute appropriate amounts of energy to each area of the body. Lying down on the floor with small pieces of garnet placed on and around the body can encourage a strong feeling of letting go what doesn't serve. Garnet is also a sensual stone. It represents the creation of the world out of chaos, and carries qualities of divine purification and love. It can spark love, create devotion in your relationships, and balance your sex drive.

Physically, garnet has been used to reduce body toxins, purify vital organs and blood, and assist in the assimilation of vitamins and minerals, such as iodine, calcium, magnesium, and vitamins A, D, and E. It is also very effective in stimulating sluggish metabolisms and charging the DNA. Garnet can help alleviate acne, low libido, and disturbances in the cardiac rhythm (except for arterial hypertension, which garnet may aggravate). It is believed that placing garnet under your pillow may help with depression.

> *The crisis is turned into a challenge under garnet's influence.*

THE MANY VARIETIES OF GARNET

Commonly known to be red, garnets actually come in many varieties, and each type has unique characteristics. Almandine appears as red to violet-red; spessartite appears as yellow, rose, or orange to reddish-brown; pyrope is deep red; grossular occurs in quite a few colors, including white, yellow, yellow-green, brownish-red, orange, and black; andradite can appear colorless, yellow-green, brown, or black. The most prized garnet in the world is demantoid, which is deep emerald green in color and is part of the andradite group.

Almandine garnet is deeply tied with earth energy, and has qualities of incredible strength, willpower, and resistance to all things negative. It aids in blood-related disorders and assists in circulation.

Andradite garnet is a stone of self-empowerment and safety. Its energy aligns with the sacral, heart, and solar plexus chakras, attracting relationships and dissolving isolation.

Grossular garnet brings hope and empowerment, and encourages service to others. Grossular connects us to the "I AM" energy binding all of humanity together.

Pyrope garnet is a stone of inspiration, vitality, and charisma. It encourages you to own and embrace your unique gifts and abilities, and also provides the support and encouragement you may need to share these gifts with others. Spiritually, it offers grounding as you realize more of your spiritual gifts throughout the infinite.

Spessartite garnet is very rare. It is almost always mixed with almandine. Spessartite activates the analytical processes of the mind, removing fear, giving strength of will, and providing confidence to change one's life.

Uvarovite garnet promotes abundance and wealth, assisting one in accepting what is offered by the Universe. It stimulates the heart chakra and enhances spiritual relationships.

Carol Clarke-Tiseo is a Melody Master Crystologist, Reiki Master, and Licensed Massage Therapist. She is a member of the Association of Melody Crystal Healers International™. Carol has ten years of experience in energy healing, and eleven years of experience in doing therapeutic massage and bodywork. She recently relocated to South Lyon, Michigan, offering healing work and classes. She can be contacted at cclarke2005@hotmail.com.

GARNET VARIETIES

PYROPE

DEMANTOID

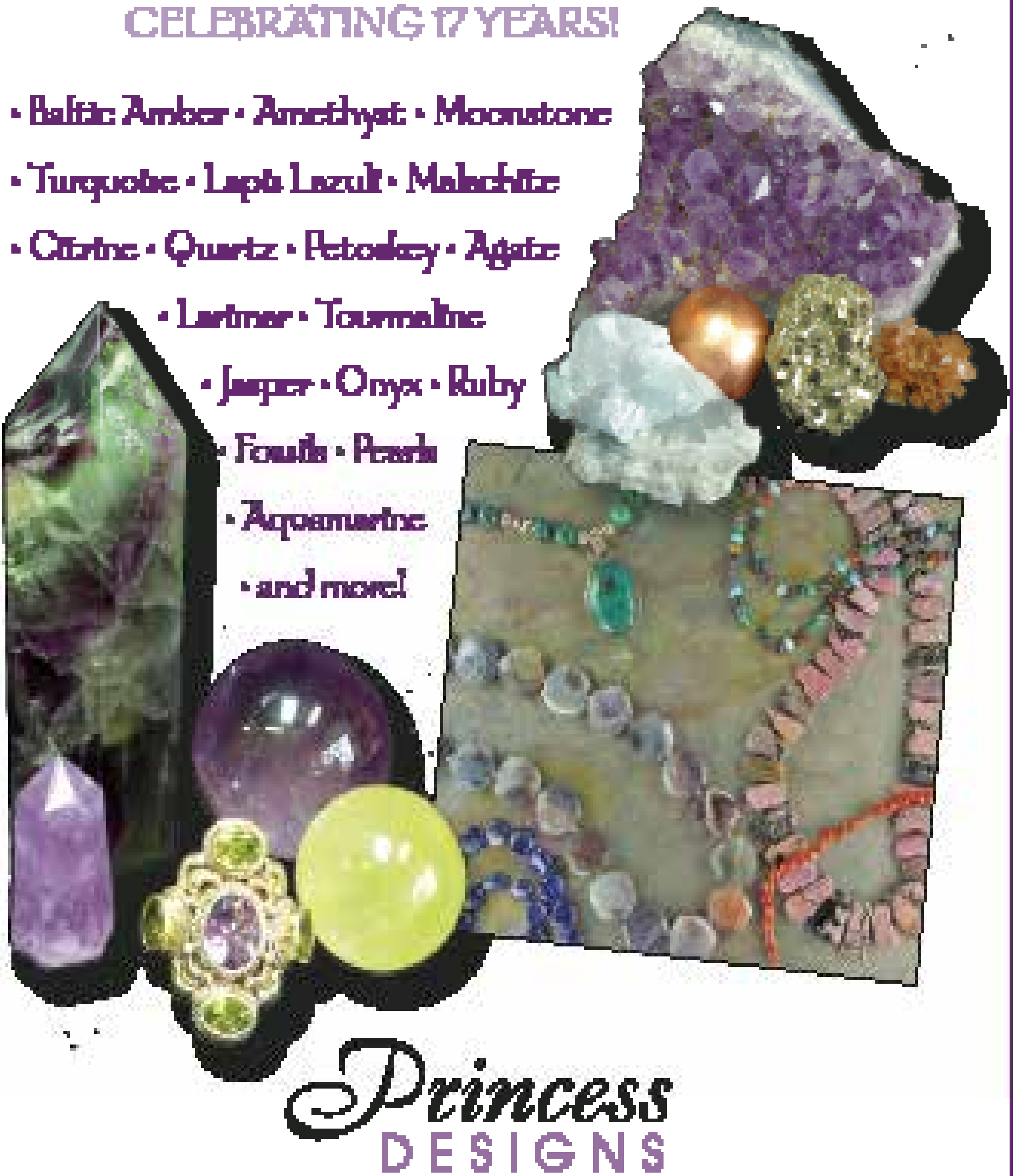
SPESSARTITE

UVAROVITE

Jewelry & Rock Shop

CELEBRATING 17 YEARS!

• Baltic Amber • Amethyst • Moonstone
• Turquoise • Lapis Lazuli • Malachite
• Citrine • Quartz • Petoskey • Agate
• Larimar • Tourmaline
• Jasper • Onyx • Ruby
• Fossils • Pearls
• Aquamarine
• and more!



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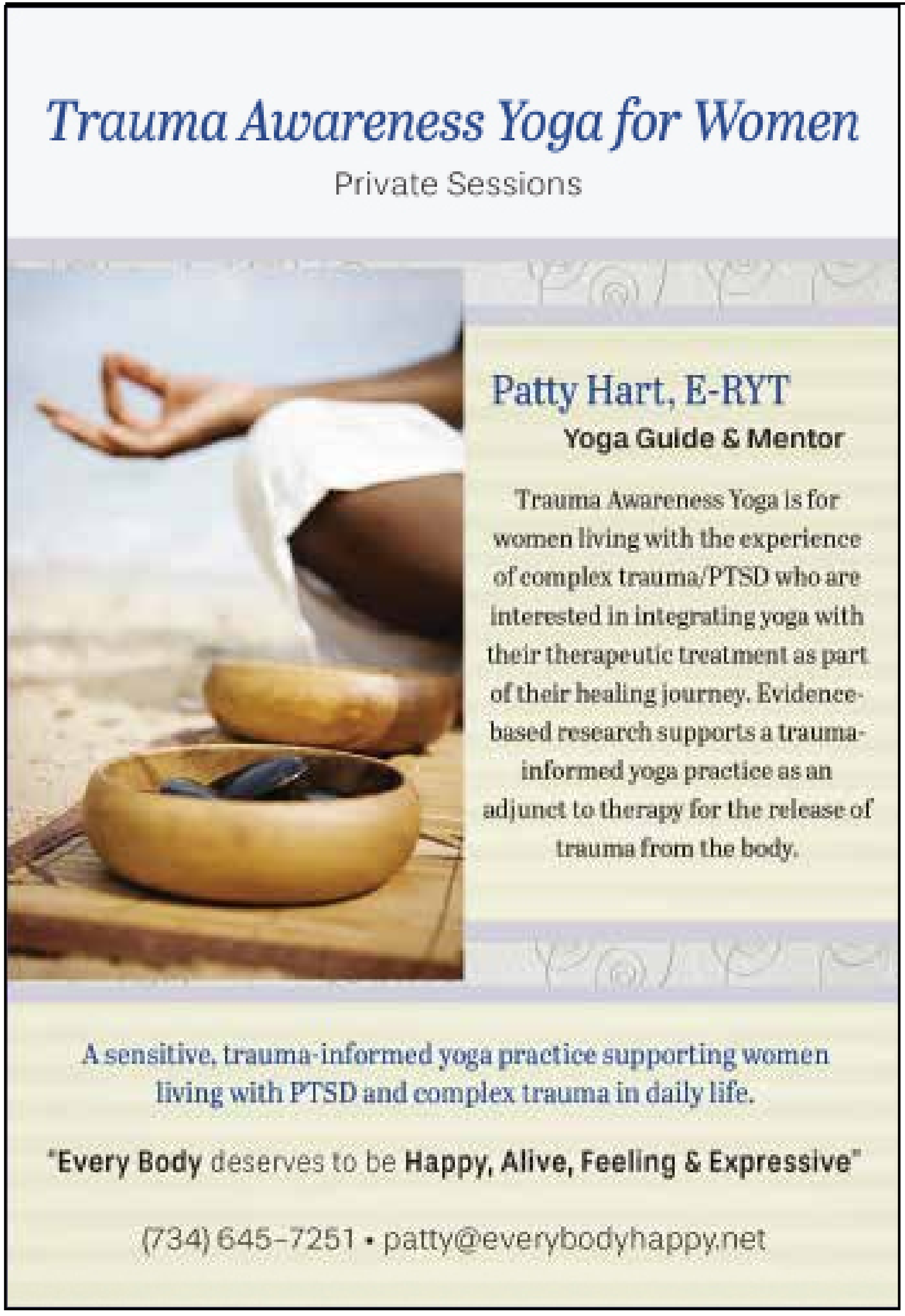


Trauma Awareness Yoga for Women
Private Sessions

Patty Hart, E-RYT
Yoga Guide & Mentor

Trauma Awareness Yoga is for women living with the experience of complex trauma/PTSD who are interested in integrating yoga with their therapeutic treatment as part of their healing journey. Evidence-based research supports a trauma-informed yoga practice as an adjunct to therapy for the release of trauma from the body.

A sensitive, trauma-informed yoga practice supporting women living with PTSD and complex trauma in daily life.

"Every Body deserves to be Happy, Alive, Feeling & Expressive"

(734) 645-7251 • patty@everybodyhappy.net

The Crazy Wisdom Calendar

Yoga

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classses feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Yoga with a Chair Workshop with Marlene McGrath • Feb. 4, 1-3 p.m. • This workshop will teach participants how to use a chair as a support in a variety of yoga poses in order to provide supported poses that promote flexibility, relieve tension, and proivde opening. Email or see website for costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Yoga for Athletes with Michele Bond • Wednesdays, 6-7:30 p.m. • This class provides a new method to enhance this energetic practice to increase strength, flexibility, agility, balance, and mental focus. Practice will include correct alignment to enhance joint function, decrease the risk of injury, and aid in healing pre-existing injuries. Explore the role joy plays in peak performance in sports, in business, and on the mat. $17/drop-in with instructor permission ($13/with session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Happy Hour: Basics Plus Restorative with Michele Bond • Fridays, 5:45-6:45 p.m. • Learn basic alignment, simple postures and breath, along with delicious restoratives. Feel stress melt away during candlelight practice in a peaceful setting surrounded by the inspiration of nature. $13/drop-in with reservation ($11/if preregistered). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system, this course teaches universal principles of alignment that are an invaluable aid to learning the postures, deepening understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun. $18/drop-in with instructor permission ($14/with session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga

Open Level Yoga with Michele Bond • Sundays, 7:30-9 p.m.; Thursdays, 6-7:30 p.m.; Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their unique abilities and limitations in this mixed-level class, with variations offered for all levels. This method blends the science of biomechanics with an openhearted, uplifting philosophy. $18/drop-in with instructor permission ($14/with session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops. End the mixed-level practice in the full light of the new day. $18 drop-in with instructor permission ($14 with preregistration). Register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

In-Depth Yoga and Meditation Studies with Ema Stefanova • Jan. 10, Mar. 18, Apr. 16 • To enrich your repertoire as a yoga teacher or add quality yoga and meditation to professional practice, be it social work, psychology, psychiatry, medicine, or other, or simply to delve more deeply into the teachings of classical yoga and meditation for personal growth and healing, this in-depth yoga therapy and meditation study program will educate, guide, nurture, and support you in meaningful ways and at many levels. Contact for costs and details. EmaStefanova@cs.com or YogaandMeditation.com.

How to Practice Yoga with Sally Rutzky and Pam Lindberg • Feb. 14, 1-4 p.m. • This class will help identify personal barriers to practicing yoga, give guidelines for how to stay in the present and practice safely, as well as teach how to use the swatchbook of poses (included in price) and develop a sequence. Six months yoga experience required. $65 (includes $25 materials fee). Preregister by Jan. 18, minimum of six participants, with Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com**.**

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, Pam Lindberg • Day, evening, and Saturday classes, Jan. 4-May 7 • Iyengar yoga will help increase focus and reduce stress with classes that balance strength, flexibility, and stamina. Classes for beginners, intermediate, and more advanced students with individualized instructions in all classes. $112/eight-week sessions. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Weekly Iyengar Yoga with Erica Dutton • Wednesdays, 10:30-11 a.m. sitting meditation; 11 a.m.-12 p.m. yoga • Iyengar based asanas provide flexibility, gentleness, and strength. If possible, bring a mat and/or blanket to class. Donations welcome. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Free Yoga Classes at the Yoga Space with Yoga Space Staff • Jan. 29, Feb. 26, Mar. 25, Apr. 29, 6-7 p.m. • This class is open to everyone interested in finding out what yoga can do for them. No experience is necessary and regular students are welcome; no registration needed. Free. Call Sue at 662-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga, Hiking, and Winter Excursions with Sam Cornelius • Jan. 15-17 • This up-north retreat features yoga by the fireplace, skiing, snowshoeing, and/or hiking on the trails of the Pigeon River State Forest in the winter wonderland of northern Michigan. Bring a journal to capture memories and inspirations of the scenic views and meaningful conversations. Free. Call Justine at 989-983-4107; office@songofthemorning.org.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Small yoga studio on Ann Arbor's west side offers classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. $18/class (discounts for multiple classes). Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Gentle Yoga with Gyrotonic Tree Town and Pilates Loft Studio • Tuesdays, 5:15 p.m. • Gentle yoga enables everyone to experience the mental, physical, and emotional benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes poses modified for individual needs, as well as stretches and breathing exercises to help incorporate balance and mindfulness into daily life. All levels of experience welcome. $18-$20 depending on package selection. Call Robin at 274-9482; robin@aurily.com or gyrotonictreetown.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes Jan. 4-Apr. 2 • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances well being. $18/drop-in ($10 trial class and session discounts). Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Yoga Classes at Yoga Room with Christy DeBurton • Mondays, Tuesdays, Thursdays, and Saturdays; morning, afternoon, and evening • This is a small, supportive, non-competitive, friendly yoga studio teaching various yoga styles that focuses on individual attention to challenge you in a balanced, rejuvenating way. See website for rates. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, 6 p.m.; Thursdays, 7 p.m.; Saturdays and Sundays 10 a.m. • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $95/8 classes; $105/9 classes. Call 662-6282; massage4@aol.com or aareced.com.

Iyengar Yoga Classes with Laurie Blakeney • Winter classes beginning Jan. 12 • Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Inward Bound Yoga at Friends Meetinghouse • Ongoing classes, Winter Session, Jan. 4-Feb. 27; Late Winter Session, Mar. 7-Apr. 30 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga. Class options include several levels of hatha yoga, prenatal and postnatal yoga, Ashtanga yoga, and flow classes coordinated with music. Students enjoy a large variety of classes and heated floor for winter practice. For class descriptions and fees, see ibyoga.com.

Beginning Grounding Yoga with Andrea Ridgard • Thursdays, 5:30-6:45 p.m. • In this class for all levels, participants will practice standing postures that bring energy down into the legs and leave students feeling stable, strong, and connected. The class will also practice several joint-lubricating exercises and restorative postures to bring rest and rejuvenation. $15/drop-in ($140/10 classes; $80/five classes; student and senior rates available). Contact andrea@groundedhere.com or groundedhere.com/yoga-classes.

Yoga for Cardiovascular Management Seminar with Ema Stefanova • Feb. 6-7 • Beginner through experienced students are welcome to explore therapeutic yoga practices for hypertension, heart disease, cardiac arrhythmia, stroke, cerebral degeneration, and more. Yoga Alliance teachers may earn up to five CEUs. See website for times, costs, and to preregister for limited spots. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga for Women's Health Seminar with Ema Stefanova • Feb. 13-14 • Beginner through experienced students are welcome to explore therapeutic yoga practices for anxiety and depression from dynamic standing, back bending and twisting asanas, to therapeutic breathing techniques, yogic cleansing, and diet. Contraindicated practices for depression will be pointed out. Yoga Alliance teachers may earn up to five CEUs. See website for times, costs, and to preregister for limited spots. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Madhavi Mai is a classical Indian dancer, choreographer, and teacher in the Bharatanatyam style. She is also a singer-songwriter and kirtan leader with A2 Amma Bliss Band. She teaches all levels of students through Sadhana Studio. See Movement and Dance on page 103.

Yoga for Anxiety and Depression Seminar with Ema Stefanova • Apr. 16-17 • Beginner through experienced students are welcome to explore therapeutic yoga practices for backache, headache, menstrual irregularities, prolapse, urinary system disorders, and more. Yoga Alliance teachers may earn up to five CEUs. See website for times, costs, and to preregister for limited spots. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Holistic Yoga and Meditation Classes with Ema Stefanova • Ongoing classes • Small group classes include beginning/gentle, back health, anxiety/depression, introductory meditation, and more. Satyananda-style classes offer individual attention for participants' specific needs. See website for costs and schedule. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

New Year's Day Yoga Mala with Breathe Yoga • Jan. 1, 4-6:30 p.m. • Sun salutations to welcome the new year. $10 suggested donation in aid of Project 418. Call 627-7558; breatheyogachelsea.com.

Yin Yoga with Soothing Sound Therapy with Mindy Nagy and Nathan Correll and Breathe Yoga • Feb. 5, 6:30-8 p.m. • Join a yoga instructor and a sound and massage therapist in this doubly healing and integrative experience. $20. Call 627-7558; breatheyogachelsea.com.

I bequeath myself to the dirt to grow from the grass I love,
If you want me again look for me under your boot-soles.
—WALT WHITMAN

The Yoga of Sound with Amy Koch and Breathe Yoga • Mar. 4, 6:30-8 p.m. • Join sound alchemist Amy Koch to experience this soothing but deeply stirring sound bath meditation. $20. Call 627-7558; breatheyogachelsea.com.

Zen Tri with Marie Brooks and Breathe Yoga • Apr. 1, 6:30-8 p.m. • This workshop provides a perfect trio of a guided run, deep stretch, and calming meditation with a running coach and yoga instructor. $20. Call 627-7558; breatheyogachelsea.com.

Intensely Gentle: Multi-Level Hatha Yoga with Patty Hart • Weekly classes • These classes are suitable for experienced students as well as newer students who are moving towards a more diversified practice. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. $17 (discounts for nine-class coupon). Call Patty for times and starting dates at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Yoga with Zen Buddhist Temple • Six Tuesdays, beginning Jan. 12, Mar. 8, Apr. 19, 6-7:30 p.m. • Beginning and experienced students learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with breath. Instructors were trained by the Sivananda yoga organization and combine that experience with meditation training. Early registration recommended. $60 ($12/session drop-in). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Candlelight Yoga with Peachy Fitness • Mondays, 7:30-8:30 p.m. • This all-levels class is moderately paced and lit by candlelight. The class begins with deep breathing, transitions to slow flow and seated poses, and ends with deep relaxation and meditation. $12/class. Call 681-0477; info@peachyfitness.com or PeachyFitness.com.

Hatha Yoga, Mixed Level with Peachy Fitness • Thursdays, 9:30-10:30 a.m. • In this moderately-paced class, participants will use breath awareness, poses to help build strength and balance, and guided meditation to explore their edge in a relaxing and non-judgmental environment. All levels welcome. $12/class. Call 681-0477; info@peachyfitness.com or PeachyFitness.com.

Basic Yoga with Saundarya O'Donnell • Tuesdays, 9:30-10:45 a.m. • Using yoga postures and regulation of breath, participants will release tension from body and mind to allow balance, focus, and energy. Instructor provides individualized practice by spotting postural distortions and practicing an integrative yoga philosophy. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Therapeutic Yoga with Saundarya O'Donnell • Tuesdays, 10:45 a.m.-12 p.m. • This class will help students become comfortable in their bodies as they find relief from aches, pains, and stiffness. It is designed for the particular benefit of arthritis; shoulder rotator cuff injury; fibromyalgia;, back, knee, or hip pain; cardiac care; and cancer therapy; as well as overall stress relief. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Better Backs Yoga with Saundarya O'Donnell • Mondays, 7:45-9 p.m.; Sundays, 10:30-11:45 a.m. • Students will learn to align the spine and enjoy pain-free length and flexibility by learning to relax the muscles that strain the back; increase mobility in the hips, legs, and neck; strengthen support muscles and shoulders; and develop stress-free strength without tension. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Spirited Yoga with Saundarya O'Donnell • Mondays, 6:15-7:30 p.m. • This upbeat class playfully integrates the spirit and philosophy of traditional yoga as a physical metaphor for one's daily outlook. It is designed to help participants open the mind, recharge the body, and awaken spiritual energy. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Iyengar Yoga with Kirsten Brooks • Ongoing classes • These classes will follow the teachings of BKS Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. $120, regular fee, pay what you are able. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition" and is channeled through Barbara Brodsky.

Linda Adamcz, MSW, Certified Practitioner of Integrative Breathwork, is an individual therapist and has been a group facilitator in the mental health field for over 27 years.

Nia-Avelina Aguirre, ND, is a board-certified Doctor of Naturopathy with offices in Ann Arbor and Chelsea. She has been in the natural health, fitness, and wellness profession since 1982 and also offers bodywork and energy therapies.

Andrew Anders is a professional Reiki teacher and the principal Reiki instructor at Washtenaw Community College who conducts Reiki meetups at the Lotus Center of Ann Arbor.

Mark Angelini is a farmer, spoon carver, cider-maker, and permaculture teacher with a business designing edible landscaping. His work can been seen at markangelini.com.

Ann Arbor Community Acupuncture strives to provide simple, affordable, and effective acupuncture treatments to southeast Michigan.

Ann Arbor Storytellers' Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

> *I would like to be the air*
> *that inhabits you for a moment*
> *only. I would like to be that unnoticed*
> *and that necessary.*
> —Margaret Atwood

Ann Arbor Karma Thegsum Choling was founded in 1978 by Ven. Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra, set of HH 17th Karmapa in North America.

Robert Auerbach is a certified Advanced Practitioner of Rolf Structural Integration who studied with two of Ida Rolf's senior proteges and has been in practice for 19 years.

Diane Babalas, DC, applies the concepts from the chiropractic model Bio-Geometric Integration (BGI). She has been the student of Dr. Sue Brown, BGI's founder, since 1998 and graduated from the BGI Academy of Mastery in 2013.

Liza Baker is a certified Integrative Nutrition Health Coach and is the chef/owner of Simply: Home Cooking. She is also a kitchen organizer who teaches her clients the "fl!p your k!tchen" system to learn to regularly cook 21 meals a week from scratch.

Bob Bedard, PhD, is the author of five books on happiness with 25 years teaching and speaking about the Intrapersonal Happiness Theory to individuals and in workshops.

Deanne Bednar, MA, has worked in natural building including strawbale, earth plaster, rocket stoves, earth oven, foraging, and thatching since 1996. She is the illustrator of *Hand-Sculpted House, The Natural Plaster Book* and *The Cobbers' Companion.*

Carol Bennington, PhD, is a Bach Foundation Registered Practitioner who is one of a dozen US instructors for the Bach International Education Program. She has worked for over two decades as a practitioner, instructor, author, and speaker empowering others to support their best selves with flower essences.

Leslie Blackburn, MS, brings years of experience as well as a diverse background into her work as a sacred sexual healer and transformational guide.

Laurie Blakeney is a Certified Advanced Iyengar Yoga Teacher teaching yoga locally since 1977 and is the director of the Ann Arbor School of Yoga.

Kathy Bloch has studied Tarot since 1980 and has actively done readings since 1995.

Carole Blotter has been practicing Insight (Vispassana) Meditation since 1989 and teaching since 1999. She is a teacher of The Forest Way, an organization dedicated to providing retreats conducive to spiritual growth that is balanced and integrated.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 500 hours of training in yoga and yoga therapeutics, and studies meditation with Dr. Paul Muller-Ortega. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Barbara Brodsky is founding teacher of Deep Spring Center practicing meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Dana Burney, RN, is a certified clinical hypnotherapist, certified Reiki Master/Teacher, as well as a Magnified Healing Practitioner. In addition to *Spiritual Balancing*, she is the author of *Spiritual Clearings: Sacred Practices to Release Negative Energy and Harmonizing Your Life.*

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy who has studied and practiced meditation for over 29 years and has taught meditation throughout the midwest for over 25 years.

Center for the Childbearing Year is Michigan's premier DONA doula training center, and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Carl Christensen, MD, PhD, FACOG, FASAM, is a board-certified OB/GYN and addictionologist, and specialist in treating chronic pain and addiction.

Jules Cobb is a therapist at Dawn Farm Youth and Family Services team.

Lori Coburn, MSW, has a 25-year psychotherapy practice specializing in spiritual counseling, mood disorder, and substance abuse. She is author of *Breaking Free: How Forgiveness* and *A Course in Miracles Can Set You Free.*

Brother Ed Conlin is an addiction counselor, Detroit Capuchin Service System.

Jani Cooke is a spiritual medium.

Sam Cornelius is a long-time northern Michigan resident and experienced hiker, cross-country skier, snowshoer, and four-season camper.

Tom Cowan is a shamanic practitioner, teacher, author, lecturer, and tour leader specializing in Celtic visionary and healing techniques. He has taught training programs throughout Europe.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971 and is a certified Kripalu yoga teacher and senior teacher of meditation at Deep Spring. She is also a mother and grandmother.

Raymond Dalton, MA, CAADC, is the coordinator of Dawn Farm Outpatient Services and formerly coordinated a suicide prevention hotline for the state of Kansas.

Bhagavan Das introduced his guru, Neem Karoli Baba, to Ram Dass and Krishna Das changing the course of American spirituality. Along with his wife **Sharada Devi,** he travels giving Darshan and singing the divine names.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, and education and support services for adolescents experiencing problems with alcohol/other drug use and for their families.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Joya D'Cruz practices individual and relational psychotherapy in Ypsilanti. She offers individual and group sessions in focusing, meditation, and mind/body integration.

Mary Jo Desprez, MA, is the director of Wolverine Wellness, University Health Service.

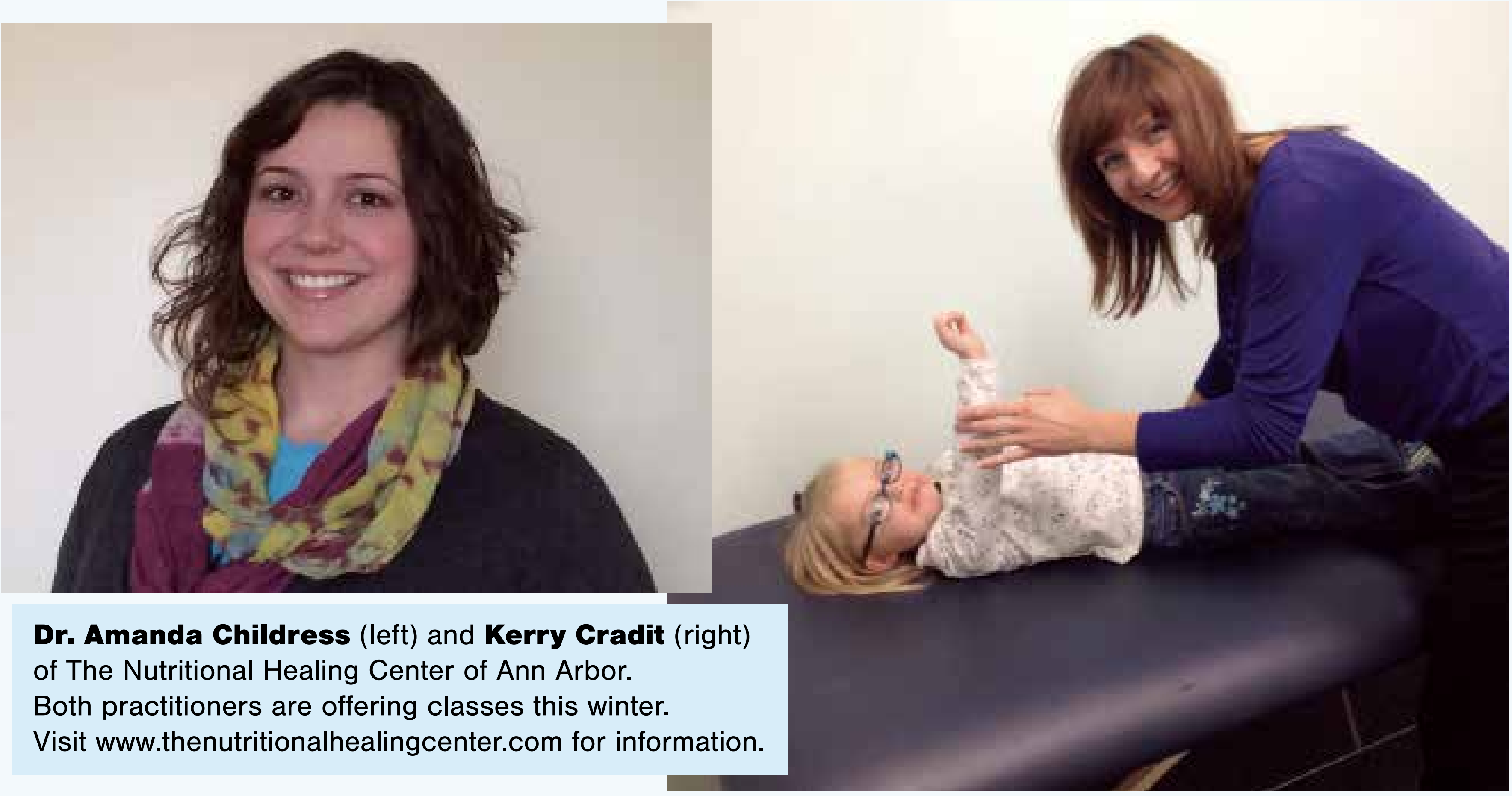
Anne Duffy is an intuitive energy healer who enjoys helping people to live their best life.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan shamanism, and various Native American traditions.

Laurel Emrys is a musician, teacher, self-tuning expert, piano tuner/technician, and brainwave coach who ha been cultivating and sharing cutting-edge transformational modalities since 1978.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers



Dr. Amanda Childress (left) and **Kerry Cradit** (right) of The Nutritional Healing Center of Ann Arbor. Both practitioners are offering classes this winter. Visit www.thenutritionalhealingcenter.com for information.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 30 years.

Gerry Fialka is an artist, writer, and paramedia ecologist lectures world-wide on experimental film, avant-garde art and subversive social media. Fialka has been praised by the *Los Angeles Times* as "the multi-media Renaissance man." The *LA Weekly* proclaimed him "a cultural revolutionary." Though he may contradict himself so as to not conform to his own ideas, Gerry welcomes your feedback and feedforward.

Janice Firn, LMSW, is a Clinical Social Worker, U-M Hospital.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman, and has made a career out of her passion for building community by bringing people together to drum.

Gayle Fitzgerald is the founder of Celestial Vibrations, LLC, and is a Master Numerologist, transformational breakthrough and healing expert and celestial conduit with over 34 years experience in metaphysics.

Lynda Forbes has been active with astrology, tarot, and Chinese face readings in Flint and Fenton for over 33 years. She writes articles and a monthly astrology column. She is the proprietor of Life Guide Center in Fenton, offering classes, readings, and various metaphysical services.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

Amy Garber, BA, RMT, is the director of Intuitives Interactive, a group for intuitives, indigos, and the curious, who has been offering intuitive channeled readings to the public since 2001. She has hosted biennial Holistic Psychic Fairs in Ann Arbor since 2013. She earned a teaching certificate in elementary education from EMU.

Katy Gladwin is a doula who has been serving Ann Arbor and Ypsilanti families since 2011 as founder and owner of Sacred Roots LLC. She teaches childbirth education through Pregnancy Arts.

Ann-Margaret Giovino and **Jan Katz** are Sun Shen tai chi instructors and senior students of Sun Shen tai chi founder Master Sang Kim.

Robin Lily Goldberg holds certifications in Hatha Yoga, Street Yoga, Laughter Yoga, and Therapeutic Yoga. She is also a writer, reflexologist, and Reiki instructor/practitioner.

Carole Grace is a psychic medium, Healing Touch-certified practitioner, Reiki master, and meditation instructor.

Karen Greenberg is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype throughout North America. She is currently a metaphysical teacher of personal and spiritual growth.

Carl Gunderson of Simply Holistic Fitness is a certified personal trainer, certified yoga instructor, and chakra energy healer.

David M. Hall began facilitating meditation and personal transformation in 1995. He is a certified permaculture designer and teacher with over 20 years of study in the field.

Nirmala Nancy Hanke, MD, is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, personal and spirtual guide, relationship coach, and workshop leader.

Sam Himelstein, PhD, is a licensed psychologist and author of two books: *A Mindfulness-Based Approach to Working with High-Risk Adolescents* and *Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum.* He works in Alameda Country Juvenile Justice Center, an institution where he was incarcerated as a young teen.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Jeff and **Debra Jay** are best-selling authors, educators, clinicians, and public speakers.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Joanne Karpinen, PhD, is a clinical psychologist who teaches esoteric healing with the International Network of Energy Healing. She is a certified Eden Energy Medicine practitioner and local teacher for Donna Eden's first year curriculum. She mentors therapists in Energy Psychology for the Association for Comprehensive Energy Psychology.

Connie Kelly-Saur, BS, has a background in biochemistry and experienced Nutrition Response Testing first as a patient, and then as a practitioner. She helps others improve their health and heal the body with whole food nutrition.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Kelly Kempter, RTT, massage therapist and bodyworker, is a graduate of the Myomassology Institute with advanced training and practice in Thai massage and shiatsu.

Esther Kennedy, OP, MSW, a Dominican Sister of Adrian, is a spiritual director and clinical social worker. Her own search for the sacred drew her to spend time in India and Indonesia. She is nourished by the interplay of the sacred teachings of Eastern and Western traditions.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Dave Krajovic and **Pat Krajovic** founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Lucinda Kurtz, MA, is a certified Brennan Healing Science practitioner and former professor of Women's Studies who helps people heal from experiences that block full manifestation of their potential. She has a background in healing, shamanic, and energetic practices.

Lamaze Family Center Ann Arbor offers programs designed to impart a unique blend of knowledge, resources, and support to benefit families from pregnancy to preschool.

Growing My Inner Essence with Flower Remedies

By Carol Bennington

Are you a lover of Nature too? As long as I can remember, I have loved trees and flowers. Over time, this has grown into a passion for flower essences.

What Are Flower Remedies?

Flower essences, aka flower remedies, are liquid, pattern-infused solutions made from flowers and tree blossoms. The purpose of flower essences is to enhance emotional and spiritual well-being. Each particular flower corresponds to an emotional range; by using these essences, one can help balance emotions and create greater harmony. Unlike essential oils that use fragrances of the plant's oil, flower essences have no floral fragrance.

Flower essences are made by placing flower blossoms on the surface of spring water in a glass bowl, which is placed outside in the sun. The sunlight transfers the vibrational pattern of the flowers into the water. When the process is complete, the solution is filtered, removing the flowers, and Brandy is added as a preservative.

Dr. Edward Bach, an English physician, created his first flower remedy in 1928. He was a scientific researcher and a highly sensitive person, who was very in-tune with Nature. His plant knowledge and intuition led him to determine which attributes matched specific flowers. Dr. Bach's remedies were distinctive because he correlated them with emotional well-being. He believed that emotional harmony would lead to physical well-being.

Chicory flowers grow prolifically along local country roads. The positive aspect of the chicory flower essence is to love unselfishly, with no strings attached.

According to Dr. Bach, flower remedies work to "raise our vibrations and open our channels for the reception of the Spiritual Self.... They are able, like beautiful music or any glorious uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our souls," which then brings peace and relief from suffering (*The Original Writings of Edward Bach: Compiled from the Archives of the Dr. Edward Bach Healing Trust*). Because of Dr. Bach's work, thousands of different flower essences are now made across the globe.

> Each particular flower corresponds to an emotional range; by using these essences, one can help balance emotions and create greater harmony.

Resonance

One current hypothesis for how these remedies work is that each flower's energetic blueprint holds the energy pattern of a balanced state for a specific emotion or range of emotions. This balanced energetic pattern gets transferred into what becomes the flower essence. Flower essences are selected so that an imbalanced emotional state can tune in to the higher balance state of the flower essence and resonate to it.

Use

In the Bach Flower Remedy system, the suggested use is two drops of a single essence or four drops for a combination of essences. If more is needed, increasing the frequency of use rather than the amount taken is recommended. For an ongoing concern, it is advised to use them at least four times a day.

Flower essences are typically ingested. Customarily, drops are taken with water or tea. They can also be taken directly from the stock bottle with care not to touch the dropper to your mouth. (If you do, be sure to rinse it off before returning it to the bottle.) Other methods of application include using them topically or spraying the room.

Beginning My Journey

During my herbal apprenticeship, the instructor created a personalized flower essence formula for me containing Cherry Plum. I was very skeptical but decided to give it a try. The Bach Cherry Plum flower remedy is indicated for individuals afraid of losing their minds or losing control. At the time, a personal situation had left me feeling like I was in a pressure cooker with the steam valve locked shut. When I used Cherry Plum, I experienced the pressure cooker valve opening and the steam beginning to escape. The external situation had not changed; however, now I could respond rather than react.

After this experience, I vowed to learn more about flower essences. I attended the Bach International Education Program to become a Bach Foundation Registered Practitioner and later studied at the Bach Centre in England. I was invited to become one of a dozen U.S. instructors for this program. I took the practitioner courses of several North American flower essence systems. My immersion in flower essences continued with my doctoral dissertation, which explored the personal relationship with Nature of persons using flower essences from 40 countries.

Carol Bennington

Star of Bethlehem Flower

> At the time, a personal situation had left me feeling like I was in a pressure cooker with the steam valve locked shut. When I used Cherry Plum, I experienced the pressure cooker valve opening and the steam beginning to escape.

Allies
Flower essences are my allies; they "always have my back." Like a best friend, they are there when I need them, and are willing to journey with me.

Flower remedies are not a panacea that magically makes everything better. Life still happens, but they can help us access our strengths. I am certain my divorce was a kinder experience for both of us because of flower essences. I was able to address my fears, despair, uncertainty, anger, grief, and the myriad of emotions as they surfaced. The flowers helped me call upon my courage, patience, confidence, direction, hope, and encouragement. I saw things from a different perspective. While I might normally reframe a situation, the flowers remind me to look again in the midst of such stressors. They nudge me to do what I need to do, and assist me in navigating through the chaos.

Empowerment
My passion is to empower people with ways they can de-stress their lives and live more fully. I love teaching others about flower essences through classes, presentations, private consultations, and mentoring. Sometimes it's harder to pinpoint your own needs, and this is where an experienced practitioner can help. A flower remedy consultation assists you in distinguishing which remedies are appropriate for your circumstances. This is a time to be heard; there are no judgments, labels, diagnosing or prescribing, as this is an educational process of self-discovery.

> "If we could see the miracle of a single flower clearly, our whole life would change." — Jack Kornfield, *Buddha's Little Instruction Book*

My experiences with flowers did change the direction of my life. Using that flower remedy two decades ago I began my extraordinary journey of self-discovery, transformation, empowerment, and a deepening of my relationship with Nature and myself.

> Flower essences are my allies; they "always have my back."

Ready to Bloom?
The next time you are feeling emotionally out of kilter, consider trying flower essences. I invite you to explore the world of flower remedies to align yourself with your authentic nature.

Carol Bennington, Ph.D., is a Bach Foundation Registered Practitioner (B.F.R.P.), Bach International Education Program Instructor, and author. She also offers mentoring, life coaching, and nature-based approaches. Visit www.Awakening-Hearts.com for more information. Carol can be reached at (734) 726-4303 or Journey@Awakening-Hearts.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Mary Ledvina, BA, MOT, is a writer, artist, and healer who journals daily.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Frank Levey is a certified breathwork facilitator and meditation teacher, and is co-director of Blue Turtle Nature Camp in Ann Arbor.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence toward all beings.

Pam Lindberg is a certified Iyengar Yoga teacher.

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, and has more than 20 years of independent research on health and nutrition. She teaches yoga and raw food classes in the community, in Costa Rica, and from her home and yurt in Ann Arbor. She offers life coaching, retreats, and pendulum energy clearing.

Kevin McCauley, MD, is the co-founder of the Institute on Addiction Study and writer of the award-winning DVD *Pleasure Unwoven*.

Barb McConnell, LPN, CHTP/I, is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years experience in hospital, clinical, industrial nursing/industrial management.

Daniel McDermott is a certified hypnotherapist, NLP practitioner, and Huna practitioner.

Madhavi Mai is a classical Indian dancer, choreographer, and teacher in the Bharatanatyam style, and singer-songwriter and kirtan leader with A2 Amma Bliss Band.

Claire Maitre is a workshop facilitator in the "Work That Reconnects" developed by Joanna Macy who brings knowledge of group processes and their theoretical underpinnings.

Michigan Folk School strives to build community by providing educational programs that promote learning, teaching, and renewal of traditional folk arts, and to promote the preservation of forest and farmland.

Kathleen Moore is a certified teacher of the Alexander Technique, board-certified music therapist, and has a 30-year Ann Arbor private practice helping people heal and live well.

Ed Morin is a poet and former English teacher at area universities and colleges.

Dan Muir found his spiritual home at Deep Spring center in 1999 and has been teaching since 2006. He tries to convey the peace, joy, and deep wisdom he has found through honest intention, an effort at clean living, and daily meditation. He is also a practicing nurse anesthetist.

Jeannine Myers and **Marin Perusek** are Eden Energy Medicine Certified Practitioners.

Joanna Myers and **Alexis Neuhaus** are disciples and senior students of the founder of Sun Shen, Master Sang Kim, and are practitioners of the Sun Shen Healing System.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

Bridget O'Brien is a certified permaculture designer and teacher.

Saundarya O'Donnell, E-RYT 500, LMT, developed Correctional Alignment Therapy based on 20 years experience with muscle anatomy (BS, Biology from U-M), therapeutic yoga, and Thai massage. She offers private CAT massage and therapeutic yoga classes. She currently studies at University of Chicago Divinity School.

Craig Parian is in private practice at Evolving Shiatsu, offering and teaching shiatsu and Thai bodywork, energy and sound healing, and diet and health coaching for over 15 years.

Sifu Genie Parker has trained and taught Wu style tai chi chuan for over 20 years. Sifu Genie is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and gatekeeper of the Wu style.

Boyd Pickard is a research assistant at the Illinois Addiction Studies Archive.

Judy Ramsey has been an experienced, professional consultant for animal communication and interspecies counseling for ten years. She teaches three levels of communication, writes articles, and works with animals and people for better understanding of each other.

Vaidya Raj is a spiritual healer and teacher who is board-certified Ayurvedic/Alternative Medical Practitioner and Certified Spiritual Healer by the International Center for Reiki Training.

Tarot • Psychic
Intuitive • Astrology
Palmistry

Readers in the Crazy Wisdom Tea Room

No appointment needed; Readings $1.50 per minute

Monthly Schedule

Tarot Readings with Kathy Bloch.
1st and 3rd Tuesdays, 5:30-8:30 p.m.
klbloch@hotmail.com

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m. and
2nd and 4th Saturdays,12-3 p.m.
ReadingswithGail.com - 313.655.7694

Intuitive & Angel Readings
with Marybeth Rombach Nelson
2nd & 4th Saturdays, 6:30-9:30 p.m,
734-560-0355
Marybeth@spiritualintuitivemb.com
www.spiritualintuitivemb.com

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Psychometry Readings with Barbara Pott
1st and 3rd Sundays, 12-3 p.m.
awencrafts@gmail.com - 734.576.5707

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1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, Noon-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com

Intuitive Readings with Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com.- 717-8513

114 S. Main St, Ann Arbor - 734.665.2725

Teachers, Lecturers, Workshop Leaders and the Centers

Jason Riggs can consciously channel many different levels and types of beings from crystals and nature spirits to spirit guides and Archangels.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Rimpoche's command of western culture enables him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Joel Robbins practices acupressure and herbal medicine in downtown Ann Arbor, has a master's degree in Chinese medicine, and is a certified Tai Chi instructor.

Libby Robinson has been practicing mindfulness meditation since 1979, was trained by Jon Kabat-Zinn and colleagues at the University of Massachusetts, has attended 23 silent retreats, and has been teaching MBSR since 2003.

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Shannon Roznay is a chiropractor and expert in Nutrition Response Testing who enjoys teaching people of all ages how to improve health through a better diet and natural supplements.

Anita Rubin-Meiller, LMSW, has been faciliating self-compassion groups for four years. She is a psychotherapist in private practivce and a spiritual seeker whose current practices include morning meditation, tai chi, and chi kung.

Jonathan Rudinger, RN, LMT, is founder of PetMassage and has worked in the canine massage area since the mid-1990s. He facilitates workshops and home study courses.

Sally Rutzky is a certified Iyengar Yoga teacher.

> *What a lightning flash in the gloom it is for the self, cloaked in the darkness of ignorance, when awareness is gained even a little!*
>
> —ATISHA DIPANKARA SHRIJNANA

The Sanctuary of the Magdalene is a non-denominational spiritual organization in Kalamazoo dedicated to the union of the sacred masculine and feminine that has been offering retreats for over seven years.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Elizabeth Shadigan, MD, is an obstetrician-gynocologist, consultant, educator, and researcher specializing in the health, safety and well-being of women.

Ron Shook has over 40 years in the water filtration and purification industry and over 30 years in nutrition, personal training, and coaching experience.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Steve Simmons is owner and trainer at Fit Factory in Canton. He has been helping clients meet their fitness goals for over 20 years and maintains the following certifications: NASM, NASM-PES, NSCA, TRX, and Kettlebell.

Lynn Sipher, LMSW, has practiced mindfulness meditation for 15 years and provides individual, couple, and family therapy.

Laz Slomovits is one of the twin brothers in Ann Arbor's nationally-known children's music duo Gemini. He has also set to music the poetry of the ancient Sufi mystics, Rumi and Hafiz, as well as the classic lyrics of a number of American poets.

Barb Smith is the author of *Brent's World.*

Illustration by Logynn Hailley

Teachers, Lecturers, Workshop Leaders and the Centers

Southeast Michigan Astrologers' Round Table (SMART) is a local chapter of NCGR.

Matthew Statman, LMSW, CAADC, is the U-M Collegiate Recovery Program Manager.

Ema Stefanova, MA, E-RYT500, has been an author, healer, and yoga and meditation educator for over 35 years. She is a direct disciple of Swami Satyananda Paramahansa, the founder of the International Yoga Fellowship Movement and author of over 80 titles in the field.

Aileen Storoshchuk, BA, BSW, reads Akashic Records and does tarot, crystal healing, Reiki, Karuna Reiki, light body, and past-life regressions. She facilitates a weekly meditation and spiritual discussion group.

Stephen Strobbe, PhD, RN, is a Clinical Associate Professor, U-M School of Nursing and the Department of Psychiatry.

Austin Szelkowski is a spiritual guide and leader who has walked a path through many world views. He experienced a three-day enlightenment in June, 2014, and now tries to build a powerful and loving community of spiritual seekers and masters.

Tatianah Thunberg, RYT, a holistic psychotherapist, yoga teacher, and Thai bodyworker, is a graduate of Blue Lotus Thai workshop series in Ann Arbor.

Stephanie Tighe is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years experience healing and leading workshops nationally and internationally.

Mary Tillinghast has managed Castle Remedies for 32 years and has received hands-on training with Dr. Lev Linkner, having worked with him in his medical practice.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Julie Tumbarello is a Level 3 Certified Active Dream Teacher through Robert Moss' Dream School. In addition, she has a background in psychic development, Reiki, and meditation. Using shamanic drumming, she guides studnets on dream adventures and journeys into night and conscious dreams.

Jennifer Vanderwal is a Usui Tibetan Karuna Seiroku Reiki Master and a Melody Crystal Healer Instructor. She offers past-life ascensions, cord removals, meridian clearing, quantum touch, and facilitates healing crystal arrays. She has taught classes for over ten years.

> *Loving kindness is a freedom of the heart. A luminous, blazing radiance.*
>
> —Itivuttaka

Cam Vozar, LMSW, LMFT, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Sifu Joseph Wang is the Head Sun Shen Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Susan Weir has been leading sittings and teaching insight meditation classes since 1999. Her background includes two years in a Gurdjieff Fourth Way school and five years of Zen practice.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist with over 30 years experience in healing arts. She teaches the traditional Usui System of Reiki Healing after her own training with two Masters initiated by Hawayo Takata and Hiroshi Doi. She is a member of the original Usui Reiki Ryoho Gakkai in Japan.

Debra Williams, LMT, is a board-certified, licensed massage therapist who has been providing Reiki to the community for over six years.

Eve Wilson is a natural intuitive healer and has been a trainer of healers since 1986. She specializes in personal and planetary ascension.

Women's Divorce Resource Center (WDRC) is an all-volunteer, non-profit educational organization. Workshops are presented by experienced divorce professionals including a licensed marriage and family therapist, a certified divorce financial planner, and attorneys.

Yoga Focus, an Iyengar Yoga studio, has taught students for over 22 years in the Ann Arbor community.

Master Wasentha Young has over 47 years of experience and received formal training in Taoist and Buddhist meditation, achieved certification in TCM and Acupressure, and has a masters degree in Transpersonal Studies.

Karlta Zarley, RN, CHTP, has 35 years experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 17 years as a professional healer and educator, providing energy work, spiritual direction, essential oil and flower essence consultations, and leading classes and retreats.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Tina Zion, RNC, CHt, RMT, is a fourth generation psychic/medium and author of *Become a Medical Intuitive*. She teaches medical intuition throughout the USA and internationally.

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